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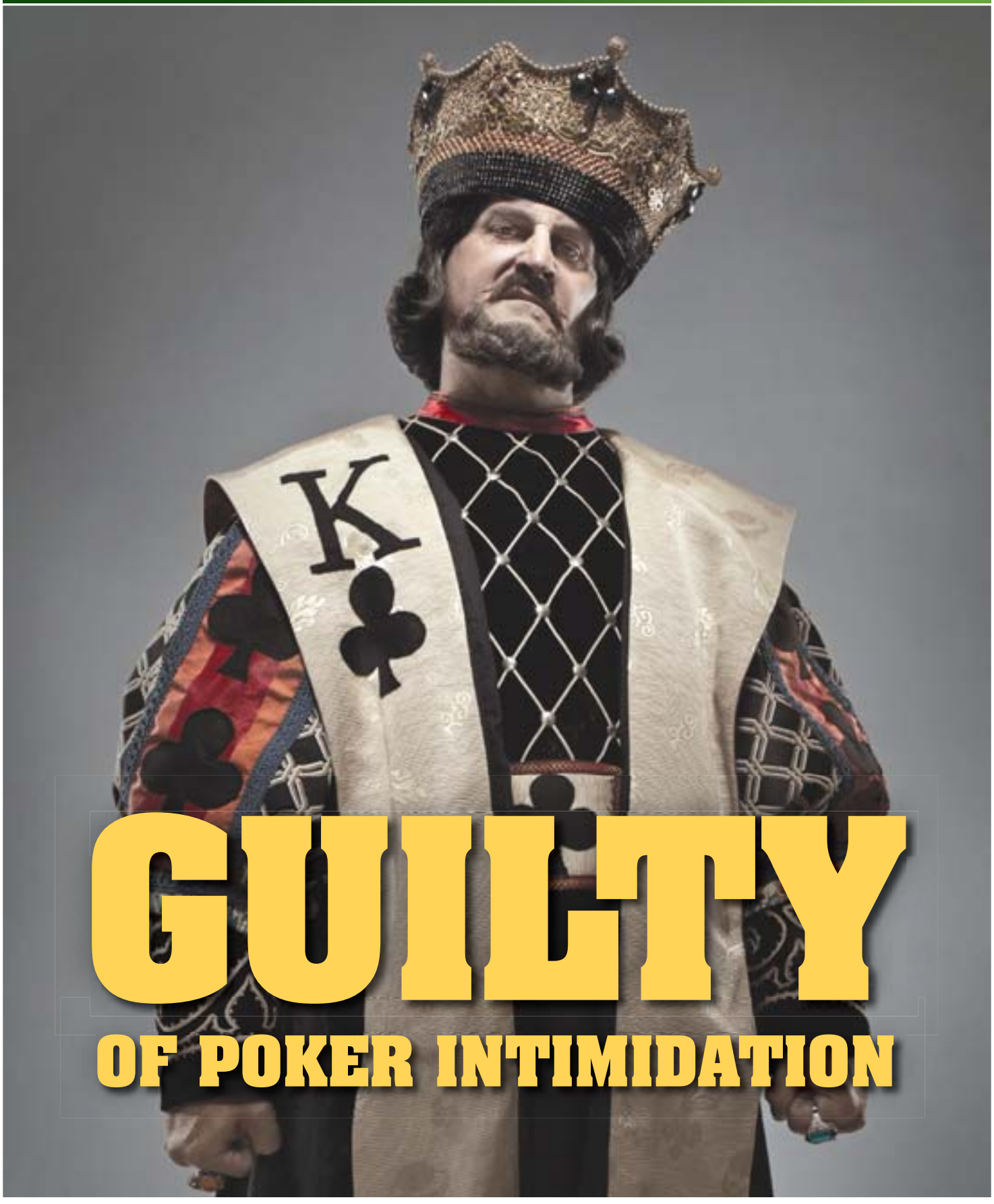

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**ARE YOU READY FOR SOME FOOTBALL?**
SAINTS, VIKINGS SET TO OPEN NFL SEASON {page 46}

# PARIS
## POLICE DEFEND QUICK RELEASE
DISH {page 32}

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**Venice.** Premiere

▶ Actress Paz Vega attends the premiere of Balada Triste De Trompeta yesterday in Venice, Italy, as part of the 67th Venice Film Festival. The Spanish beauty starred in Spanglish opposite Adam Sandler, co-starred with Morgan Freeman in 10 Items Or Less and co-starred with Samuel L. Jackson and Scarlett Johansson in The Spirit.

ANDREAS RENTZ/GETTY IMAGES

## Sick Kids cancer breakthrough

Beer leads to tumour biopsies, allowing discovery {page 3}

## Strike season begins in Europe

Workers hit the streets in England and France {pages 12, 13}

# Death ruled a homicide

**Autopsy confirms remains were those of Sonia Varaschin ◐ Orangeville woman, 42, went missing Aug. 30 ◐ Police asking for information from the public**

The disappearance of an Ontario woman was ruled a homicide yesterday after an autopsy confirmed remains found in a wooded area were those of Sonia Varaschin.

The 42-year-old Orangeville woman's blood-stained car was found in an alley Aug. 30. Varaschin was reported missing the same day by her family when she didn't show up for work.

Police also found blood inside and outside her home, and had asked the public to be on the lookout for blood-stained bedding.

Someone walking their dog discovered the remains Sunday morning in Caledon, about 12 kilometres from Orangeville, and contacted Ontario Provincial Police.

Investigators have said the culprit likely left Varaschin's home covered in a significant amount of blood.

"Police investigators believe the person or persons responsible for Sonia's murder used her vehicle to move her body from her residence to the wooded area," police said in a release yesterday.

"(Police) believe that someone in the community holds the key to solving this homicide."

Police are urging anyone who might have seen her white Toyota Corolla late Aug. 29 or early Aug. 30 to contact investigators.

Police have no suspects, but have said whoever might be behind her disappearance is someone she knew.

A news conference is scheduled for today to provide updates in the case.

Days of ground, air and trail searches of the Orangeville area — which is predominantly rural — had failed to find traces of Varaschin.

**"We continue to receive tips, I can't speak to the exact number."**
CONST. JONATHAN BECKETT

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# Smitherman vows tax freeze

George Smitherman is promising, if elected mayor, to freeze Torontonians' property taxes for one year while he puts a clamp on city spending.

Portraying himself as a tough but safe alternative to archrival Rob Ford, the former deputy premier told reporters yesterday he would also freeze city hiring, with few exemptions, for one year.

And Toronto would embark on no new spending initiatives while he personally leads a 100-day, line-by-line review of the city's $11.7 billion in annual operating and capital spending.

He would take the results to meetings in all 44 wards for a "full public flogging."

"It will be back to basics at City Hall ... The era of waste and abuse is over," Smitherman declared, adding his various freezes would also extend to city user fees, the mayor's $167,769 annual salary and councillors' $99,620 pay packets.

Smitherman's tax pledge comes only days after he announced a $10-million youth job creation plan to be supported by a hike in business property taxes, followed hours later by a statement there was a miscommunication and the plan doesn't include a tax hike.

TORSTAR NEWS SERVICE

RICK EGLINTON/TORSTAR NEWS SERVICE

▶ George Smitherman

# Beer helps spur brain tumour breakthrough

## One form of disease primarily affects babies, one girls, another boys and a fourth runs gamut of age, sex

Some old-fashioned Canadian humility and a few strategic beers have helped spark new Toronto research that will radically alter the diagnosis and treatment of childhood brain tumours.

Based out of the Hospital for Sick Children, a new study shows that the most common form of pediatric brain tumours, known as medulloblastomas, actually represents four distinct types of cancer.

The study also presents simple tests to distinguish one form of the disease from another and offers hope that many children can avoid the standard radiation treatments that cause debilitating handicaps.

Dr. Michael Taylor, the senior study author, said the paradigm-shifting research was only made possible through collegial interactions over beer with other cancer researchers around the globe.

**"Everybody likes Canadians, right? ... So I actually managed, by chatting everybody up and buying them beers, to get people from all over the world, from 45 different centres ... to send me all their tumours."**

**DR. MICHAEL TAYLOR**

Taylor said medulloblastoma studies have been hampered in the past by a famously "distrustful" culture among neuro-oncologists, which saw researchers horde their tumour samples, restricting the number available to their colleagues.

TORSTAR NEWS SERVICE

RICK MADONIK/TORSTAR NEWS SERVICE

▶ Dr. Michael Taylor, in his lab at MARs Centre, has made a breakthrough discovery in the diagnosis and treatment of pediatric brain cancer.

1 news

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**Election or no election, there's a battle for Canadian hearts and minds in Ottawa. More at metronews.ca/spindoctor**

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VAUGHAN

## Di Biase eyes city council

Former Vaughan mayor Michael Di Biase, awaiting a verdict on Election Act charges, has declared his candidacy for regional councillor.

"I would like to continue the work I started while I was mayor," Di Biase said after he signed his nomination papers at Vaughan City Hall. "There is still much to do in Vaughan."

Di Biase said the hospital and subway projects need to be pushed through to completion and said he is concerned about spiralling property taxes. "They have gone up by almost 17 per cent in four years, and that's unacceptable."

Di Biase, who was defeated in the 2006 municipal election, is facing campaign finance charges.

TORSTAR NEWS SERVICE

# Fight for all-day JK, SK: McGuinty

TANYA TALAGA/TORSTAR NEWS SERVICE

▶ Premier Dalton McGuinty at Markham's Mount Joy Public School during recess. Yesterday was the first day of school.

### Premier defends his emphasis on early education

All-day kindergarten was cast as a key issue in next year's provincial election as Premier Dalton McGuinty warned parents yesterday that voting Conservative would jeopardize the program's expansion to all elementary schools.

The campaign for the October 2011 election doesn't officially begin until after next Labour Day. That didn't deter McGuinty, who got the ball rolling a full year early by throwing down the gauntlet over all-day learning for four- and five-year-olds.

"It's not too soon for us to consider the choice we're going to have next October," McGuinty said after joining students at Mount Joy Public School for the first day of classes.

"(Voters can choose to) continue to make progress, whether it's test scores or graduation rates or full-day kindergarten, or they can put a stop to that and they can turn the clock back."

Yesterday marked the beginning of the all-day kindergarten program in 600 Ontario schools — although not at Mount Joy.

**"Voting for Dalton McGuinty means higher taxes, more runaway spending while Liberal insiders get rich, and we have not seen the improvements in classroom testing scores."**

ONTARIO PC LEADER TIM HUDAK

The program, which will expand to 800 schools next year, will cost the province $1.5 billion per year when it's fully implemented in all the province's 4,000 elementary schools by 2015.

McGuinty warned voters the Conservative's view full-day kindergarten as an "unnecessary frill."

"I disagree fundamentally." TORSTAR NEWS SERVICE

# Watchdog warned Tory

**$400** Ethics commissioner Mary Dawson decided St. Catharines MP Rick Dykstra did not violate ethics rules at $400-a-ticket fundraiser at a Blue Jays game.

The federal ethics watchdog warned a Conservative MP about potential conflicts of interest arising from a $400-a-ticket fundraiser in a plush Rogers Centre suite during a Blue Jays baseball game.

In a report yesterday, ethics commissioner Mary Dawson also said the government should prohibit personal fundraising solicitations by members of Parliament who are also cabinet ministers or parliamentary secretaries, the MPs who function as assistants to ministers.

Rick Dykstra, a St. Catharines area MP and parliamentary secretary for immigration, was under investigation for alleged conflict of interest.

TORSTAR NEWS SERVICE

## Art gets boot at Gladstone

Hosted by Blundstone Canada and Australian Boot Company, Art to Boot is the seventh annual fundraiser for SKETCH, a community arts initiative that creates opportunities for street-involved and homeless youth to engage in the arts. It goes Sept. 23 at the Gladstone Hotel, beginning at 7 p.m.

TORSTAR NEWS SERVICE

## 'Top it' with free frozen yogurt

Brace yourself for a cold one — one free premium frozen yogurt from Yogen Früz.

Today, FabFind, Canada's premier social commerce site, and Yogen Früz, a world leader in frozen yogurt, are giving Torontonians the opportunity to indulge in "Top It" or "Mix It" free frozen yogurt. TORSTAR NEWS SERVICE

DAVID COOPER/TORSTAR NEWS SERVICE

▶ Mike Beltzner

# Firefox boss uses his robot

When he meets with colleagues in Mountain View, Calif., Mike Beltzner understands the reaction.

"It's not every day that you see a machine autonomously rolling around your office ... and at the same time it carries the disembodied head of one of your colleagues."

Computer screens are attached to a long pole attached to a wheeled platform with speakers and a web cam

"The general response was that it was kind of creepy," he said.

But by the second week, people were asking him to "roll by" for a chat.

Beltzner is product director for Mozilla's Firefox, and a lot of his team members work out of the company's California office. Beltzner says every time he's used the robot — about four to six times a week for the past two months — he's had at least one useful conversation he wasn't planning on having. "As you walk around you bump into Jeff or Frank ... and you remember that thing," he said.

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# Battling bedbugs a big business

They are the scourge of urban dwellers and suburbanites alike. A blood-sucking pest that lives, loves, breeds — and most disturbingly feeds — in our beds.

For most people the mere mention of a bedbug causes involuntary scratching and an overwhelming urge to put as much distance as possible from any potential infestation.

But for those who deal in pest removal, bedbugs are a highly lucrative business opportunity — one that has soared as the bedbug scare spreads.

Michael Goldman, education co-ordinator for the Structural Pest Management Association of Ontario, said in the past two years work being done by Ontario pest control companies has doubled. But industry growth is controlled because companies must be licensed through the provincial environment ministry, he said.

"It's not like you can pick up a spray tank and start spraying, but there are companies that cut corners," he said, estimating there are hundreds of individual licence owners in Ontario.

**"It's not like you can pick up a spray tank and start spraying, but there are companies that cut corners"**
**MICHAEL GOLDMAN, STRUCTURAL PEST MANAGEMENT ASSOCIATION OF ONTARIO**

His company, Purity Pest Control Ltd., charges about $385 to treat a bachelor apartment with inspection, removal and chemical applications. It costs $400 to $600 for a one bedroom apartment; a four-bedroom home costs up to $1,500.

**TORSTAR NEWS SERVICE**

CRIME

## Doctor charged with assault

A Toronto doctor has been charged with sexual assault more than a decade after the alleged incident happened, police said.

Police say the man was working at a clinic in the area of Yonge and Wellesley streets in the early 1990s when the alleged incident occurred. A male patient went to the clinic for treatment and was sexually assaulted, investigators say. Vaibhav Kulkarni, 52, of Richmond Hill is charged with sexual assault and sexual exploitation. He is scheduled to appear in a Toronto court Oct. 5.

**TORSTAR NEWS SERVICE**

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ Teacher Jaylene Kostiuk, left, and support worker Vashtie DaCosta, right, lead an all-day kindergarten class yesterday.

# Specialty schools proposed for T.O.

**All-boy, all-girl, choir and sports schools studied ◐ Academies would be located in all four corners of city ◐ Could open as early as next year**

The Toronto school board is considering the launch of four all-boy schools, four all-girl schools and four choir schools next year — one in each corner of the city.

Each should start as a "school within a school," not a free-standing entity, board staff suggests.

But four proposed sports academies would be schools in their own right, staff recommends. The sports academies are not meant for elite young athletes, but would centre on physical activity.

"A focus on healthy, active living has a broad enough base in the curriculum for all kids in a school," whereas a public neighbourhood grade school can't serve just boys or just girls or a group as specific as choral students," said Karen Grose, superintendent of innovative programs for the Toronto District School Board.

"But as a sports academy, a school might want to focus on fitness and, say, three sports — maybe cricket, basketball and yoga — while another would pick entirely different ones," said Grose. "The idea is to provide flexibility."

Grose is part of a team studying the feasibility of elementary "programs of choice" proposed by education director Chris Spence as a way to appeal to diverse student interests and needs.

The appeal of specialty boutique-style schools is also meant to stem the loss of some 4,000 students each year to falling birth rates and the 905.

While Spence originally proposed launching one school of each type next September, trustees voted this spring to consider one in each quadrant of the city to ensure families in all neighbourhoods have access.

**TORSTAR NEWS SERVICE**

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**Yonge-Dundas.** Fun

▶ Toronto mayoral candidate Sarah Thomson stops at the corner of Yonge and Dundas streets yesterday for some Play — that's Metro's new free Monday-through-Friday publication filled with games, puzzles and fun. A professional Double Dutch skipping team from New York entertains the crowd in the background.

JOHN R. KENNEDY/FOR METRO TORONTO

## Metro rolls out a new way to Play

Look for Play above Metro boxes, or pick it up from one of the hand distributors in the Union Station area.

# Imaging tests don't raise risk of cancer in children: Study

**Findings could provide comfort to expectant moms told they require nuclear scans, researcher says**

In about one out of every 160 pregnancies, a CT scan or other nuclear medicine diagnostic test is done on the woman — to diagnose serious problems like lung clots, appendicitis or bleeding in the brain.

But little is known about the potential effects on the fetus, and how the radiation might affect the newborn child as he or she grows older.

Now, a team of scientists — most of them associated with the Institute for Clinical Evaluative Sciences in Toronto — has scrutinized the medical records for 1.8 million mother-child pairs in Ontario and identified 5,590 women who had radiodiagnostic tests during pregnancy.

The rate of diagnosed childhood cancer was actually lower in the children who were exposed to a major radiodiagnostic test, said co-author Dr. Joel Ray, a specialist in obstetrical medicine at St. Michael's Hospital.

Average followup for the typical child in the study, published yesterday by the Open Access journal PLoS Medicine, was up to about nine years of age, he said. There were four cases of childhood cancer among offspring of the exposed group of mothers.

The critical finding is they didn't see a higher number of childhood cancers among the youngsters of women who had been exposed to the scans.

THE CANADIAN PRESS

**"There isn't a single practising physician or nurse who wouldn't want to know about this type of information, whether they work in radiology or whether they work in pediatrics or obstetrics or family medicine, surgery, trauma — all of them need to use these tests along the way."**

DR. JOEL RAY

### Academics say risk levels not clear enough

In a perspective piece also published by PLoS Medicine, Eduardo Franco and Guy-Anne Turgeon of McGill University wrote that the low number of malignancies found "prevented the authors from making more insightful analyses."

They added that with the low number of malignancies, the authors couldn't examine exposure risk effects by anatomical site. The duo put forth that that diagnostic CT imaging radiation involving the pelvis and abdomen yields a high dose to the fetus, and theoretically may increase the risk of malignancies, relative to procedures further from the fetus.

THE CANADIAN PRESS

# Debate to focus on the city's economy

Are Toronto's mayor and city councillors up to the challenge of fixing what ails the city's economy?

The major candidates for mayor will square off in a debate tonight over what they would do to make the city more prosperous.

According to the urban thinkers who have contributed background papers, it won't be easy: Competing with other cities is important, but council seems preoccupied with purely local issues.

"Lower taxes" is a popular cry.

But as the discussion papers note, Toronto's property taxes are already lower than other municipalities.

While spending money is unpopular with some candidates, the backgrounders suggest the city badly needs more investment in transit, parks and culture and programs to fight poverty and substandard housing.

TORSTAR NEWS SERVICE

*Have your say. Email us at torontoletters @metronews.ca*

## Mayoral debate

- **When:** Tonight at 6:30.
- **Where:** MaRS Centre auditorium, 101 College St.
- **Next:** This is the first of three debates organized by the United Way, the Toronto Community Foundation, Toronto City Summit Alliance and Toronto Board of Trade. Media sponsors are the Toronto Star and 680 News.

**Markham.** Golf Leafs golf

▶ Dion Phaneuf tees off yesterday at the Toronto Maple Leafs and Legends Charity Golf Classic at Angus Glen in Markham.

# Leafs, legends hit the links

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RICK MADONIK/TORSTAR NEWS SERVICE

**Notables out yesterday included Luke Schenn, Brian Burke, Paul Henderson and Daryl Sittler.**

# McCallion, 89, expected to run for 12th time

**Mississauga Mayor Hazel McCallion expected to announce her candidacy at news conference today ◗ Currently facing judicial inquiry**

Mississauga Mayor Hazel McCallion is holding a news conference today in Streetsville during which, friends and supporters say, she will confirm she is seeking a 12th term.

"I believe … she will make an announcement that will say she has registered and plans on running for re-election," Brian Crombie, a friend and adviser of the 89-year-old mayor, said yesterday.

"She will speak about the importance of a council that will work together and not be dysfunctional."

DAVID COOPER/TORSTAR NEWS SERVICE

Coun. Pat Saito, a friend and supporter, said the mayor, who has served since 1978, has made clear her intentions to run again.

**"Mississauga is in her blood … I think her faculties are as acute and sharp as any other member of council, and in some cases more so."**
**MISSISSAUGA COUN. PAT SAITO**

"I don't think she will ever have enough of doing what she can for the city," said Saito.

"Mississauga is in her blood … I think her faculties are as acute and sharp as any other member of council, and in some cases more so."

Her long-expected announcement (she had previously said she would run if her health held out) means McCallion, currently in the middle of a judicial inquiry probing the extent of her involvement in a $14.4-million land deal, will take her case and popularity directly to the voters Oct. 25.

**TORSTAR NEWS SERVICE**

## Report won't be issued before civic election

Justice Douglas Cunningham's report probing Mississauga Mayor Hazel McCallion's involvement in a land deal will not be issued before the election.

The inquiry, called by city council last year, has been hearing evidence this summer that McCallion was intimately involved in the quest by her son's company to build a $1.5-billion hotel, convention centre and condominium complex near Mississauga City Hall, a project the mayor said she supported for the benefit of the city, not her son.

McCallion, through her lawyer, has said she didn't know Peter McCallion held an ownership stake in the company despite witnessing a trust agreement signed by him and a business partner in 2007. **TORSTAR NEWS SERVICE**

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# Booze to blame for public sex

## Initial reports wrongly suggested girl was attacked

Calgary police say alcohol was a factor in a first date between a 12-year-old girl and a 16-year-old boy who met on a social networking site and then followed up Monday with a sexual encounter witnessed by their friends.

Police received a 911 call late Monday afternoon to Clarence Sansom School after a report that a sexual assault was in progress in a nearby school field.

When officers arrived, 10 youths were in the bleachers in the field. The group included the 12-year-old and 16-year-old and eight of their friends.

Sexual assault charges are pending against the male youth because the girl was not legally able to give informed consent and because the boy is four years older than she is.

THE CANADIAN PRESS

**Cancer.** Quebec

▶ Quebec Premier Jean Charest listens to a question during his tribute to Claude Bechard.

JACQUES BOISSINOT/THE CANADIAN PRESS

## Premier salutes minister's fight

**Quebec Premier Jean Charest fought back tears yesterday when he commented on the resignation of former cabinet minister Claude Bechard, who died hours later. Bechard had been suffering from pancreatic cancer.**

# Ads to target human trafficking

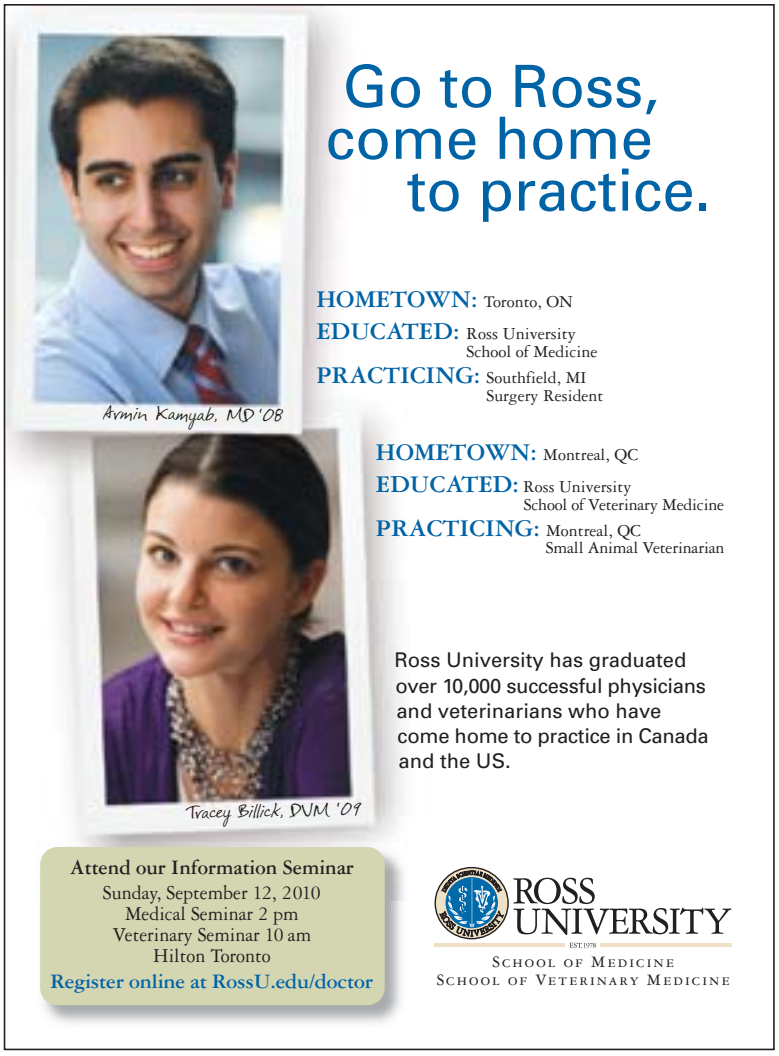
The federal government is teaming up with the Mounties and Crime Stoppers to raise awareness about human trafficking.

Public Safety Minister Vic Toews says Crime Stoppers will join his department and the RCMP to tell people about human trafficking and how to report suspicious activity.

The RCMP Human Trafficking National Co-ordination Centre will also run its own "I'm Not For Sale" awareness campaign.

The Mounties have put together a human trafficking information kit for police, governments, non-governmental organizations and the public.

THE CANADIAN PRESS



# New front for Armed Forces?

## Food scarcity could cause violence

A navy planner says the Canadian Forces must be ready to be called to the front lines in the battle against the effects of climate change.

A recently published article by Lt.-Cmdr. Ray Snook of the Defence Department's directorate of maritime strategy says the military may have to step in if conflicts flare over dwindling supplies of food and water.

"There will be a clear need for peace support operations too, and being called upon to intervene overseas and to help prevent or to resolve conflicts may occur more frequently," he wrote in the summer issue of the Canadian Naval Review.

Countries struck by natural disasters or extreme weather events may also seek military help, Snook says, just as Haiti did after a powerful earthquake in January. THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

▶ Canadian soldiers help an elderly woman down debris in in Haiti. A navy planner says the Canadian Forces must be ready to be help battle against the effects of climate change.

**Small man.** Big smile

▶ Khagendra Thapa Magar, the world's smallest teen, who 17 stands 22 inches tall and weighs 10 pounds, waves yesterday during a visit to the Ripley's Believe It Or Not! Odditorium.

JASON DECROW/THE ASSOCIATED PRESS

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## News in brief

▶ Tires burn in a street in Maputo, Mozambique.

### Mozambique changes tack

**RIOTS.** Mozambique's government is reversing bread and water price increases that had touched off deadly riots, the planning minister said yesterday.

Protests last week in the capital, Maputo, over hikes in the costs of bread, water and electricity turned violent, with demonstrators clashing with police. The health department put the death toll at 13.

THE ASSOCIATED PRESS

### Piece of Twin Towers erected

**9-11.** A salvaged 45-tonne steel column was hoisted onto a support structure yesterday at the World Trade Center site, where it will eventually serve as part of the entryway to the Sept. 11, 2001 Memorial and Museum.

THE ASSOCIATED PRESS

# WORKERS

## French government: More than 1.1 million people protest ◐ Trade union: 2.5 million people protest

French strikers disrupted trains and planes, hospitals and mail delivery yesterday amid massive street protests over plans to raise the retirement age. Across the English Channel, London subway workers unhappy with staff cuts walked off the job.

The protests look like the prelude to a season of strikes in Europe, from Spain to the Czech Republic, as heavily indebted governments cut costs and chip away at some cherished but costly benefits that underpin the European good life — a scaling-back process that has gained urgency with Greece's $140-billion bailout.

**"I understand the strikers' point of view but, still, they put us in a difficult situation and we are penalized."**

HENDA FERSI, AT THE PART-DIEU TRAIN STATION IN LYON

In France, where people poured into the streets in 220 cities, setting off flares and beating drums, a banner in the southern port city of Marseille called for Europe-wide solidarity: "Let's Refuse Austerity Plans!"

THE ASSOCIATED PRESS

▶ A woman watches a demonstration yesterday in Paris.

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# STORM STREETS

CHRISTOPHE ENA/THE ASSOCIATED PRESS

## Strikers fight for pensions

The French strike coincides with the start of debate in parliament over a plan to overhaul the pension system so it will break even in 2018. The government insists the reform is essential as people are living longer. The French retirement age of 60 is already among the lowest in Europe. Neighbouring Germany has decided to bump up the retirement age to 67 from 65.

**2 Only two out of every five of France's famed high-speed trains are scheduled to run during the strike, which began Monday evening and was to end last night.**

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JUSTIN SULLIVAN/GETTY IMAGES

▶ Facebook employees write on the Facebook "wall" following the launch of Facebook Places, an application that allows users to document places they have visited.

# Who loves Facebook?

**▶ Website a hit with narcissists and people with low self-esteem, according to study ▶ Researcher studied habits of 100 Facebook users**

A new study suggests Facebook is a magnet for narcissists and people with low self-esteem.

The York University research shows that individuals with higher levels of narcissism and those with lower self-esteem spend more time on the massively popular social-networking website.

Researcher Soraya Mehdizadeh also found these people use Facebook as a means of self-promotion.

She says women are most likely to self-promote through a carefully selected main photo, while men did so in written postings describing themselves.

THE CANADIAN PRESS

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## The Health Benefits of Omega-3 DHA

Jane Dummer, RD

With all the health benefits linked to omega-3s for both you and your family, it's no surprise they are being added to many everyday foods. They can be found in products such as milk, yogurt and cheese that are enriched with DHA—a specific omega-3—to take extra advantage of the goodness of this nutrient.

### Benefits Galore

Omega-3 fats are important during all stages of life.

Omega-3s, especially DHA, are crucial for the healthy brain development of infants and children, when its growth is at its fastest and most crucial stage. DHAs pass from mother to baby during pregnancy and breastfeeding, so it's especially important for expectant and new mothers to make sure they get enough in their diet. Once toddlers switch to homogenized milk they need another source of DHA—thus the importance of fish and enriched foods.

Not only do DHAs help develop healthy eyes in babies and children, but low intakes have been associated with numerous neurological and visual system problems. And the benefits don't stop in childhood. In adults, DHAs are strongly associated with lowering the risk of heart attack and stroke.

And if all that's not enough evidence as to why you should include omega-3s in your family's daily diet, studies also suggest that the anti-inflammatory properties of these fatty acids may reduce the stiffness and pain of joints afflicted with arthritis.

### What are Omega-3s?

Omega-3s are a type of polyunsaturated fat known to be good for health. The three main types are ALA, DHA and EPA. ALA is an essential fatty acid, which means our bodies need it, but we can't produce it on our own, so we need to get it from the foods we eat. Walnuts, flax seeds and canola oil are good sources.

Our bodies can produce DHA and EPA from the ALA we consume, however, this is not as efficient as getting them directly from food, therefore, it is important to consume DHA and EPA through our diet. These omega-3s can be found in fatty fish such as salmon, sardines and mackerel. Research shows that both DHA and EPA are important in many areas, including heart health and brain health.

#### THE EASY SOLUTION

While there is no official recommendation in terms of how much is enough, experts suggest a daily intake for healthy adults of DHA plus EPA in the range of 250 to 500 mg from their diet to benefit from the protective effect against heart disease. Also, a daily intake of 100 to 150 mg is proposed for children to assist with brain development.

DHAs are found mainly in fatty fish. Current recommendations for Canadians include 2 servings of fish per week. In addition to fish, DHA-enriched milk products make a lot of sense because they are more likely to appear on the menu on an everyday basis, just one more reason to benefit from at least 2 to 4 servings of milk products a day as recommended by Canada's Food Guide to Healthy Eating.

### Build omega-3s into your routine

- Sprinkle walnuts on your yogurt and ground flax seeds in your baking.
- Try to have a couple of servings of higher-fat fish for dinner every week such as salmon, mackerel and sardines.
- Scramble up a couple of omega-3 enriched eggs for breakfast.
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# Oilsands killing off more birds, study finds

**1,973** The number of birds that die each year, including raptors, songbirds, shorebirds and gulls.

A new study says birds are likely dying in oilsands tailings ponds by at least 30 times the rate suggested by industry and government.

The results add weight to arguments that depending on industry to monitor its own environmental impacts isn't working, said study author Kevin Timoney, an ecologist whose paper was published yesterday in the Wilson Journal of Ornithology.

"We need to have credible scientific monitoring," Timoney said.

Bird deaths are currently tracked through industry employees reporting carcasses. The eight-year annual average of such reports from 2000 to 2007 is 65.

"Industry-reported data on bird deaths are problematic as they are not systematic," the paper says.

THE CANADIAN PRESS

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# Pastor vows to burn Qur'an in Sept. 11 protest

## U.S. diplomats report demonstrations against burning of Muslim holy book in several countries

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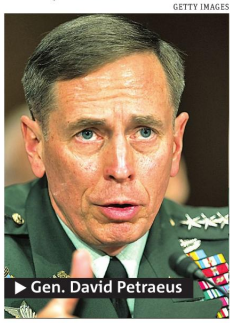

▶ Gen. David Petraeus

A Christian minister vowed yesterday to go ahead with plans to burn copies of the Qur'an to protest the Sept. 11 terrorist attacks despite warnings from the White House and the top U.S. general in Afghanistan that doing so would endanger American troops overseas.

Pastor Terry Jones of the Dove World Outreach Center said he understands the government's concerns, but plans to go forward with the burning this Saturday, the ninth anniversary of the attacks.

Gen. David Petraeus warned in an email to The Associated Press that "images of the burning of a Qur'an would undoubtedly be used by extremists in Afghanistan and around the world to inflame public opinion and incite violence."

An interfaith group of evangelical, Roman Catholic, Jewish and Muslim leaders meeting in Washington condemned Jones' plan to burn the Qur'an as a violation of American values and the Bible.

"This is not the America that we all have grown to love and care about," said Rabbi Steve Gutow of the Jewish Council for Public Affairs. "We have to stand up for our Muslim brothers and sisters and say, 'This is not OK.'"

Jones, who runs the Christian church with an anti-Islam philosophy, says he has received more than 100 death threats.

THE ASSOCIATED PRESS


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# Interest rates expected to increase today

## But some economists question the wisdom of raising rates when growth has slowed

Interest rates are expected to rise for the third time in as many months today.

A consensus of economists believe Bank of Canada governor Mark Carney will overlook recent disappointing economic data and continued U.S. weakness and hike the trendsetting rate one-quarter point to one per cent.

But the answer is somewhat different when economists are asked if Carney should move.

The reasoning for hiking rates is while Canada's economy has noticeably slowed, there is still plenty of evidence suggesting the country no longer needs emergency rates.

▶ Mark Carney

But many economists also question how much further Carney can go in his current tightening phase considering the U.S. is heading in the opposite direction.

And some believe Carney has already moved too quickly, blaming the sharp slowdown in economic activity during the spring and summer to the anticipation of higher interest rates.

Last week, Statistics Canada reported that the country's gross domestic product rose two per cent in the second quarter, a far cry from the previous quarter's 5.8 per cent advance.

The slowdown was most acute in the two areas that are most sensitive to interest rates, home and car sales, notes economist Carl Weinberg of High Frequency Economics. THE CANADIAN PRESS

**TV.** Making news

▶ Quebecor CEO Pierre Karl Peladeau is shown at the recent launch of Sun TV News.

NATHAN DENETTE/THE CANADIAN PRESS FILE

## U.S. takes an interest

**The controversy over a proposed conservative Canadian TV network is making news south of the border. The Hollywood Reporter has carried two stories in the past week detailing Quebecor's bid to launch Sun TV News, a 24-hour right-wing all-news network.**

### Market moment

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|---|---|---|---|
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| | | | Gold contracts $1,257.30 (+ $8.10) |

PRICES AS OF 5 P.M. YESTERDAY

# Companies planning to hire staff, report says

Miners in Western and Atlantic Canada could be some of Canada's most desirable job candidates in the coming quarter, according to a survey of employer intentions by a global staffing firm.

The survey released yesterday by Manpower Canada found 21 per cent of more than 1,900 Canadian employers expect to increase their payrolls in the fourth quarter of 2010, but seven per cent anticipate cutbacks.

By region, employers in Western Canada were most optimistic, followed by those in Atlantic Canada. THE CANADIAN PRESS

**8%**

**Economists have warned that Canada's unemployment rate could remain around eight per cent for some time.**

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# MAKE WAY FOR A NEW BREED OF MAMIL

Just sayin'

**PAUL SULLIVAN**

**According to biologists, I'm a mammal, a warm-blooded creature with fur.**

According to some wags, I'm also a MAMIL, or middle-aged man in Lycra, one of a species seen waddling out from our dens on weekends and mounting expensive road bikes in a picturesque attempt to capture some of the reflected glory that goes with the Tour de France and other sexy, manly European road races.

I'm not sure who coined the term, but it refers to men of a certain age, who, freaking out at the loss of youth, don't buy a red Porsche Boxster, opting instead for a red Pinarello or Specialized S-Works road bike. Even though it can set them back up to $10,000, it's cheaper than the chariot, saves on CO2 and helps them stay fit. With all the money they save, they can outfit themselves in the bike gear of their favourite Tour De France hero, like Alberto Contador or old Ironsides, Lance Armstrong.

MAMILs also exhibit some interesting behaviour. For example, they shave their legs. They think it makes them more aerodynamic. Long-suffering spouses refrain from pointing out the obvious: That if their significant MAMIL would only lay off the carbs and drop 20 pounds, it would be a damn sight easier to get up the hill.

**"MAMILs also exhibit some interesting behaviour. For example, they shave their legs."**

MAMILs travel in packs, often with MAFILs, (middle-aged females in Lycra, natch), who are given equal status in the herd, at least until the testosterone starts to run and the boys can't help racing even though they know they won't be able to walk, never mind do chores, rendering them useless for the rest of the weekend, sowing discord in the den.

MAMILs also love hills, and grunt up mountains at the slightest provocation. Not everyone has the cash, time or guts to climb the Col du Tourmalet, a daunting feature of the Tour De France, but here in Vancouver, MAMILs think nothing of riding up Cypress Bowl and Mount Seymour on the same day, a combined climb of almost 30 kilometres, straight up.

This Saturday morning will be a great opportunity to catch 4,000 of us in the RBC GranFondo Whistler, a breathtaking 120-kilometre ride along the Sea to Sky Highway to Whistler from downtown Vancouver. The GranFondo (which means "big ride" in sexy Italian, the lingua franca of MAMILs) has a net elevation gain of 650 metres, which is perfect for grunting up, and the first of its kind in Canada.

It sold out months ago, so next year's GranFondo promises to be even bigger. And it's just the start. The GranFondo Lycra will stretch from coast to coast. Organizers are planning to launch events in major MAMIL habitats, wherever there are large concentrations of mid-life crisis.

## Cartoon

MICHAEL DE ADDER

# Show those pearly whites

## Letters & Tweets

*We asked: What is the first thing you notice about the opposite sex?*

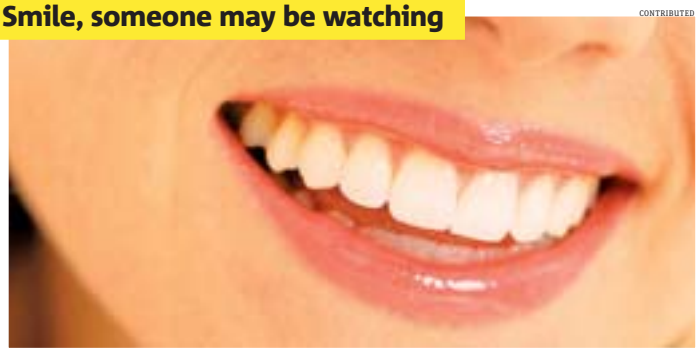
**TORONTO.** The first thing I notice is their mouth. Not if they have full lips or thin lips. I want to see those teeth. Teeth don't have to be chemically enhanced to be blaring white. Just clean and taken care of. They don't have to be brace straightened, but I do like teeth that are able to mesh.

This also makes eating with your mouth closed much easier.
**KAREN MAXWADE**

**VANCOUVER.** Nothing profound — I'm gay. **TODD SMITH**

## Smile, someone may be watching

CONTRIBUTED



*Re: A taste of Rio in downtown T.O. (Sept. 7)*

**TORONTO.** Why do you always speak about Rio de Janeiro when you want to express something about Brazil? The samba groups played only 20 minutes. The crowd was there to see Ivete Sangalo, the Brazilian myth, the Brazilian Madonna. She isn't from Rio de Janeiro or São Paulo, she is from Salvador, capital of Bahia. Salvador is the main destination in Brazil for Brazilians, including Cariocas, people who were born in Rio de Janeiro.

What happened (Monday) at Yonge-Dundas Square was a taste of Salvador.
**MARIO LOPES**

**What one thing would you take on a deserted island?**

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# Metro Minute at the Revue Cinema

TIFF fever starts tomorrow, and with all the lip flapping about premieres, parties and celebrity stakeouts, it's easy to forget what the festival is about: The love of cinema. Lucky for us, Toronto boasts an impressive number of independent movie theatres that can take you far from the maddening crowd. Slip away from the lines and into the comfy seats at Roncesvalles' Revue Cinema. The Revue was saved a few years back after the community rallied to make it a not-for-profit run by a local film society. Now it boasts cheap tickets, a mammoth screen, anti-blockbusters, historic digs, and best of all? Popcorn with real butter. **JORDANA DIVON**

CONTRIBUTED

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# Didn't we see that one already?

**Hollywood loves a good formula The fall movie season is rife with tried-and-true plot setups that might just give you a case of deja vu**

DOROTHY ROBINSON
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

## UPCOMING RELEASE

## LOOKS LIKE

**SEPT. 17**
**The Town** — A second directorial effort from Ben Affleck finds him in front of the camera showing off his greatest strength — a Boston accent. He plays a thief trying to go straight, but who inevitably becomes torn between his loyalties and his love for a new hot thing.

This latest installment is starting to build a case for a **"Boston crime movies"** genre, which would already include Affleck's first film, **Gone Baby Gone, Mystic River** and recent classic **The Departed.** We'll pay anything to hear those Southie accents utter **"Did you kill my dawtah?"** and **"That was nawt wicked smaht."**

**OCT. 1**
**Let Me In** – Chloe Moretz stars as a troubled child in this American version of the Swedish film Let the Right One In. Critics seemed to have liked the original that doing a remake wasn't really necessary, but you know how Americans feel about subtitles.

Aside from the obvious association with the source material, the murderous child theme is not only something that makes an appearance every year (like last year's **The Orphan**), but this season alone sports at least two others, including **Case 39,** starring Renee Zellweger, and **The Last Exorcism.**

**OCT. 8**
**Secretariat** — Secretariat is a biopic about housewife Penny Chenery (Diane Lane) who takes over the management of her ailing father's stables, only to have one of its horses win the Triple Crown. Really? Another horse movie? Did anyone even watch Seabiscuit? It was a bad idea the first time, folks.

Obviously **Seabiscuit,** but also when you really think about it, there are a ton of horse movies out there: **Black Beauty, The Black Stallion, National Velvet, Flicka.** And here we were thinking these films are only made for long-haired 10 year-old girls.

**OCT. 15**
**Red** — A rogue team of ex-CIA agents now marked as the agency's top targets reunite the team to show the U.S. government what's up. Helen Mirren, John Malkovich, Bruce Willis and Morgan Freeman make up the team and — surprise! — the source material is a comic book.

It's kind of **The Bucket List** crossed with **The Expendables** or **The Losers** if Dame Helen had bigger pectorals or if Malkovich looked a little more like Terry Crews. Assembling such a top-notch list of actors for a caper like this reeks of hopes for another box-office payday like **Oceans 11.**

## 2 scene

### Coming up

### Beginning of the end for Harry Potter

Nov. 19 will see the release of Harry Potter and the Deathly Hallows Part 1, the first of the franchise's two-part finale. Last year we spoke with director David Yates about the process of shooting the final three films back to back. Poor guy was trying to be stoic about it: "You can't look at the top of the mountain. It's such a long way. You just look at it like, 'I'm going to get it over there today.' The two things you mustn't think about are the response to them and [not looking] too far ahead." METRO

For the latest on the Venice Film Festival, scan this code or visit metronews.ca/scene

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# Glee camps up popularity of music and choir

**For 17-year-old Lizzie Guest, the TV show Glee was a life-changer So when she heard about a summer camp based off the hit, she just had to enrol**

SEANNA ADCOX/THE ASSOCIATED PRESS

Samantha Savery, 14, of Marshville, N.C., Malik Jefferson, 15, of Charlotte, N.C., and Ashley Martin, 17, of Mint Hill, N.C., participate in Charlotte Academy of Music's Glee Camp.

And given a chance for an encore, she signed up again.

The Charlotte Academy of Music's first Glee Camp in June sparked so much interest from students eager to replicate what they saw on TV, the academy added a second camp, plus created a Glee Club that started practising last week. The camp was among a handful across the United States that rode the wave of Glee popularity to create a show choir comeback.

At the camp, 12- to 17-year-olds spent their days in an orange room with brown curtains that blocked the sunshine, learning to sing, twirl and march in sync.

"It was just the most fun in the world," said Guest of Huntersville. "When I was younger, it was uncool to be in choir and show choir and all that kind of stuff, but now they see these people who are doing this, and they're sounding amazing ... It's making people think that this is actually acceptable, and it's not just acceptable, it's awesome. People who are talented are now cool."

**"When I was younger, it was uncool to be in choir and show choir and all that kind of stuff, but now they see these people who are doing this, and they're sounding amazing. It's making people realize this is acceptable."**
**LIZZIE GUEST**

Glee, Fox's hit freshman musical-dramedy, scored 19 Emmy nominations, the most of any series this year. It won four, including best supporting actress and directing for a comedy series.

"We're riding that wave right now," said Regina Ziliani, director of the two-year-old academy, which offers private music and voice lessons, partly to fill in musical gaps in schools. "Everybody is just obsessed with Glee."

But its popularity comes as budget cuts prompt schools to further shrink their musical offerings for students.

Non-profit community arts providers, many of which partner with local schools, also have been forced to reduce their offerings, cut staff and offer less financial aid amid the recession, according to the National Guild for Community Arts Education's May 2009 survey of its members.

"With shows like Glee returning this fall, kids are going back to school with a greater desire to make music," said Scott Robertson, spokesman for California-based National Association of Music Merchants. "Many schools across the country continue to reduce music and arts education or cut music programs altogether. Yet, according to our latest research, kids want more than ever to learn how to play instruments, join the glee club, or perform in school musicals."

That's fuelled not only by Glee, he said, but also other music-making TV shows such as iCarly, Big Time Rush and the Camp Rock movies.

It's difficult to measure the current popularity of glee camps and clubs, with officials at national music and camp organizations saying they haven't tracked it. But the number of accredited performing arts camps was already on the rise before the first season of Glee aired a year ago, from 527 in 2001 to 804 in 2007, according to the Indiana-based American Camp Association.

"Anecdotally, we know that several camps have added or revised their music program offerings based on the popularity of TV shows and movies," said association CEO Peg Smith. "Camps that specialize in music, theatre, and the performing arts are popular options for families. There truly is a camp for every child."

At the Charlotte Academy of Music, teens said Glee Camp boosted their self-esteem, and parents who attended the end-of-week performance said it showed.

"She's been really happy. She goes around singing all the time," Susan Guest said of her daughter, Lizzie.

Camp instructor Tracy Davis Davenport expects to do it again next summer.

"I think they all come to camp because they want to aspire" to be like the cast of Glee, she said. "They get a glimpse of what actually happens." **THE ASSOCIATED PRESS**

### Confidence

- Fifteen-year-old Malik Jefferson of Charlotte, who wore his collar up while practising to signify his love of '80s music, was excited about his first solo to Journey's Don't Stop Believing.
- "It certainly has boosted his confidence," said his mom, Mercedes Jefferson. "I've noticed a big difference just from listening to him practise throughout the week."
- Later that week, he auditioned for and made the cut for Glee Club.

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# Syringes were found in Smith's bathroom: Nanny

A nanny who worked for Anna Nicole Smith in the last months of her life said yesterday that she found bloody syringes and cotton balls, and sometimes a spoon with liquid, inside a bathroom that the celebrity model, her lawyer-boyfriend and her psychiatrist emerged from.

Quethlie Alexie, who tended to Smith and her baby for more than three months in the Bahamas, testified that after Howard K. Stern and Dr. Khristine Eroshevich took her in the bathroom, Smith came out in an altered state.

"When she came out of the bathroom, she was like, drunk," said Alexie, who testified through a Creole interpreter. "She was unable to walk, falling, and was unable to handle her talking. She would laugh."

Alexie, who acknowledged she speaks and understands English, said she did not see what happened in the bathroom because "they had the door closed. I didn't know what went on in there."

Alexie testified in the drug conspiracy trial of Stern, Eroshevich and Dr. Sandeep Kapoor, all of whom have pleaded not guilty. They are not charged with causing her drug overdose death in 2007.

The nanny described finding "ashes from fire" on the bathroom counter and matches or a lighter. Sometimes, she said she found a spoon with liquid and "cotton you would use for a shot."

She said it had blood on it, as did syringes she found.

Prosecutors claim Smith was being injected with excessive amounts of opiates and sedatives. Alexie testified that before the three went into the bathroom, "(Stern) would say, 'Baby, come and we'll take our medicine.'"

She described Smith as weak and suffering from bouts of diarrhea and vomiting during that period and said she was consumed by grief over the death of her son, Daniel, just after Smith gave birth to her daughter in September 2006.
**THE ASSOCIATED PRESS**

FILE PHOTO

Anna Nicole Smith.

# True life, true story

**2010 is gearing up to be one of the best years for documentaries — ever! Two movie experts weigh in on what's in store for the next few months What films are already being labeled as Academy Awards contenders**

DOROTHY ROBINSON
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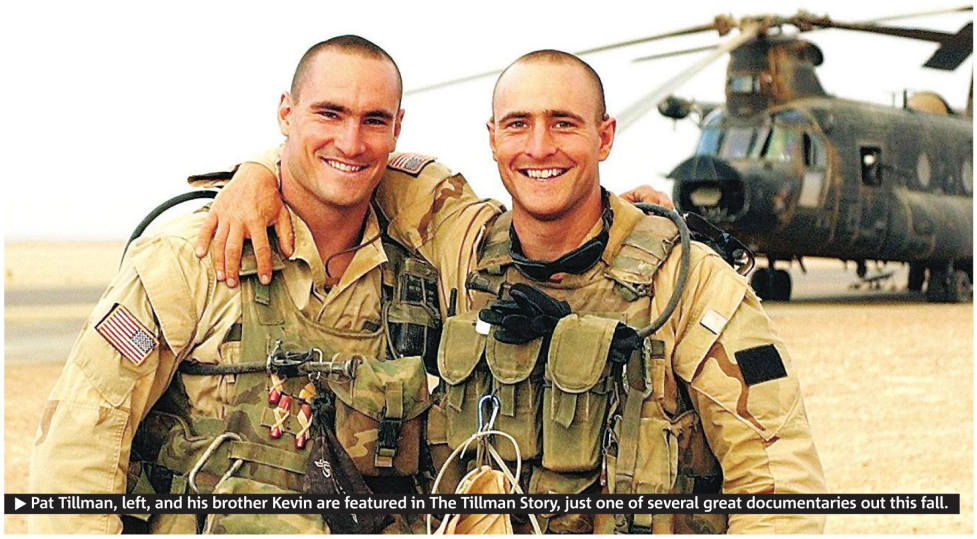
METRO WORLD NEWS IN NEW YORK

This summer, the editor-in-chief of Fandango.com, Chuck Walton, decided to watch 100 films in 100 days. And although he might be approaching movie fatigue at this point, he was able to talk with us about what documentaries will soon be big. "Documentaries have changed," he says about the genre. "It's not the same old 'I'm going to educate you about something' kind of film, but rather it's a great style of storytelling."

**"Getting nominated makes a huge, huge difference in the careers of the filmmakers. If you look at this year's top docs, the vast majority are directed by previously nominated filmmakers."**
**SCOTT FEINBERG**



▶ Pat Tillman, left, and his brother Kevin are featured in The Tillman Story, just one of several great documentaries out this fall.

**The Tillman Story**
"I saw Restrepo over the summer and really loved it," Walton says regarding the film chronicling the year journalist Sebastian Junger and a photographer spent with an American platoon in Afghanistan. "(The Tillman Story) is a different, more personal take on the Iraq war," he says of this doc about the death of former NFL player and U.S. Army Cpl. Pat Tillman.

**Freakonomics**
Walton is curious about Freakonomics not only because it's based on the best-selling book, but also because the style of the film is so appealing. "Each vignette (five in all) is by a different documentary filmmaker, including Alex Gibney and Morgan Spurlock," he says of the award-winning Taxi to the Dark Side and Super Size Me directors, respectively.

**Waiting for Superman**
"Anyone who is a fan of An Inconvenient Truth will be interested in this film," says Walton. Directed by Davis Guggenheim (An Inconvenient Truth, It Might Get Loud), Superman analyzes the failures of U.S. public education by following students navigating the system.

## More Oscar bait

We asked Scott Feinberg, film industry analyst and film blogger (scottfeinberg.com), for his predictions on which docs will be nominated this year:

- **Waiting for Superman –** Looking at the failures of the American public education system.
- **Inside Job –** A documentary about the financial crisis.
- **A Film Unfinished –** Focuses on a Nazi-produced film about the Warsaw ghetto
- **Client 9: The Rise and Fall of Eliot Spitzer –** A doc on former New York governor Eliot Spitzer's rise and fall.
- **Joan Rivers: A Piece of Work –** Explores the life and career of the famous comedienne.

▶ Joaquin Phoenix

## Catfish and I'm Still Here

These films fall into the "Are they really documentaries?" category. Catfish which details one man's quest to figure out the true identity of a woman he met on Facebook, and I'm Still Here, a film on Joaquin Phoenix's transition into a hip-hop artist, are both raising questions about what constitutes a true doc. Walton says these unique takes are helping make the genre more relevant: "Both play around with the format to make it more entertaining."

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## News in brief

▶ Kirsten Dunst

### Man gets four years for theft of Dunst's purse

**JAIL TIME.** A man convicted of stealing Kirsten Dunst's designer purse from a New York City hotel suite has been sentenced to four years in prison.

James Jimenez was convicted of burglary in June. He was sentenced yesterday.

A jury had found him guilty of stealing Dunst's $2,000 designer purse. Actor Simon Pegg's cellphone and other items also were taken from the chic hotel in 2007.

The actors were staying at the hotel while filming How to Lose Friends & Alienate People.

THE ASSOCIATED PRESS

### Jabbawockeezy land new gig

**DANCE.** The Monte Carlo casino-resort has replaced longtime Las Vegas Strip headline magician Lance Burton with Jabbawockeez dance crew that shot to fame through a reality TV competition. They take over in October.

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MICHAEL LOCCISANO/THE ASSOCIATED PRESS

▶ Barbara Walters.

# Letterman welcomes Walters back

- View host returns to the show
- Feeling good after heart surgery

Barbara Walters is feeling wonderful after heart surgery in May — and has practically no scar, she added proudly yesterday as she returned to active duty on The View after taking the summer off for recovery.

"I would like to say, once and for all, to all the people who say, 'How are you'': I'm FINE!" she told viewers as the audience gave her a rousing welcome.

Joining the welcome party was David Letterman in his first visit. The Late Show host had open-heart surgery a decade ago, and he and Walters spent much of his appearance gratefully comparing notes.

"It's plumbing, really. You're talking about pipes, valves and pumps," said Letterman, who underwent an emergency quintuple bypass in January 2000.

When the surgeons go to work, he marvelled, "amazing things are accomplished." "It's more than a miracle," he said.

Letterman recalled when he got the post-surgery good news from the doctor.

"He puts his hand on my shoulder and he said, 'Everything went great.' And that was the best part of the whole thing — that and, later, the sponge bath," he cracked.

In mock oneupmanship in his exchange with Walters, Letterman declared: "I had coronary artery disease. You just blew out a valve."

To which Walters retorted: "I have a pig valve. YOU don't have a pig valve!"

"I have other pig parts on me, though,'' Letterman joked ruefully, in an apparent reference to a scandal a year ago involving revelations about his alleged affairs with co-workers.

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# Life Above all else

## Toronto author will get to see his movie screened at TIFF this year

▶ Life Above All won the Franaois Chalais Prize at Cannes

Toronto author and playwright Allan Stratton had never seen such a rapturous standing ovation.

There he was, last May at the Cannes film festival world premiere of Life, Above All — based on his novel Chanda's Secrets — when the credits rolled and the crowd cheered. For 10 minutes straight.

"It was like I was in a dream watching it," he recalled in a recent interview in the backyard of his Toronto home.

"I was seeing my book up there ... and then at the end, when everyone jumped to their feet and began screaming and whistling and clapping, and the actresses were weeping and hugging each other — ah, it was unreal."

Famed film critic Roger Ebert, who was in the audience at Cannes, also got teary-eyed, said Stratton.

"We were leaving the theatre ... and it was Ebert's wife, because he can't himself speak, and she tapped Dennis Foon, my friend who did the screenplay, on the leg and said that he wanted to meet with us," said Stratton.

"So it was wonderful to meet him and he gave us a personal thumbs up and there he was taking our pictures."

The film won the Francois Chalais Prize at Cannes and Stratton is now eager to see how audi-

HANDOUT/THE ASSOCIATED PRESS

## Life Above All

**What you need to know about the film**

- **Stars** Khomotoso Manyaka stars as a teenager in Sub-Saharan Africa who has to raise her younger siblings because her mother (Lera-to Myelase) is dying of AIDS.
- **Director** Oliver Schmitz (Hijack Stories, Mapantsu-la) of South Africa directed the cast that spoke in the South African Pedi language.
- **Author** The author, Strat-ton, travelled around Africa, where he met AIDS orphans. One of them was an 18-year-old woman who also had the virus, as did her two-year-old son.

ences will embrace Life, Above All when it screens at the upcoming Toronto International Film Festival.

Stratton says his jour-ney with the 2004 novel began when his publisher asked if he was interested in writing a novel about the HIV-AIDS pandemic.

Having lived through the pandemic in Manhat-tan in the 1980s, he knew first-hand the emotional pain and stigma the illness carried.

"I knew what it was like to have bury friends every week," he said.

"I knew what it was like to provide palliative care for people. I knew what it was like to be in a culture where people were losing their homes, their jobs, their families were kicking them out, churches were condemning them."

Stratton says he never envisioned the story being on the big screen until 2005 when filmmaker Oliver Stoltz told him he wanted to produce it.

Stoltz then chose Schmitz as the director and Stratton recommend-ed Vancouver-based Foon as the screenwriter.

Foon let Stratton pro-vide input into the screen-play. Stratton also got to go to the set during filming in South Africa.

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# The skinny on being fat

## New plus-sized sitcom Mike & Molly works hard to move beyond weighty issues

HANDOUT/THE ASSOCIATED PRESS

▶ Billy Gardell and Melissa McCarthy star in the new sitcom Mike & Molly

While the new sitcom Mike & Molly spins around two single people who hook up at an Overeaters Anonymous meeting, the stars and creative team insist the show isn't about being fat. Instead, they say, it's about people who happen to be fat.

And yet, with two overweight principals heading up a series produced in thin-obsessed Hollywood, can they avoid the discussion of weight?

Fat chance.

Throughout summer, a blast of major media outlets did stories about what one Los Angeles Times columnist dubbed the current crop of "pound-power" shows, narrative series with plus-sized leads, including Drop Dead Diva, Huge and, now, Mike & Molly, which the actors were discussing with reporters at the Television Critics Association press tour in late July.

**"I'm used to being the guy that comes in, you say something funny, you move the scene along, you're out of the way"**
**BILLY GARDELL, WHO PLAYS MIKE**

"The questions feel a little bit like Hollywood is going, 'Are there fat people out there where you come from?'" joked actor Billy Gardell, who plays Mike.

Mike & Molly is the brainchild of Mark Roberts, working again with Chuck Lorre (Two and Half Men), who serves as an executive producer.

"When Mark and I started out on this process, Mark mentioned Marty, the Ernest Borgnine film."

Lorre recalled about the story of a heavyset, lonely man seeking love. "That touched both of us, and the poignancy of people that might have given up hope that they'll ever find someone."

The casting call for the character of Molly asked for "a sweet-faced, overweight woman in her 30s." according to Roberts. "I ended up seeing just about every other woman who's been in any kind of production of 'Hairspray,' but Melissa (McCarthy) was the first piece of tape we saw.

"With women of size,"Roberts said, "A lot of times there's often an overly apologetic nature to their being, or there's a too-rambunctious, sort of Chris Farley (thing). ... But she was just a person. She was just a sweet, lovable, funny woman who wasn't uncomfortable with herself."

Previously, McCarthy, 40, and Gardell, 41, were seen in the periphery, as supporting players on such series as Samantha Who? and My Name Is Earl.

"I'm used to being the guy that comes in, you say something funny, you move the scene along, you're out of the way," Gardell said. "So, with this, I get to act. You get to really have moments. You're not only funny. ... You're driving the story."

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### Where to watch

**The when and where you can watch the new sitcom Mike & Molly**

- **Launch date** Mike & Molly debuts Sept. 20. Check your local listings.

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# Sons of Anarchy finding some good from the bad

## An outlaw bike club chasing their dream is a compelling watch

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▶ Charlie Hunnam, left, and Ron Perlman star in Sons of Anarchy.

The Sons of Anarchy, aka SAMCRO, might operate above the law (see: gunrunning, murder), but please — don't call them a gang. These "motorcycle enthusiasts" are after the same American dream as everyone else, says Sons of Anarchy series creator Kurt Sutter. As Season 3 opens, their path — which finds the club's matriarch on the lam and the baby of her son, SAMCRO vice-president Jax, kidnapped — is simply a little more dangerous than most people's.

"I don't necessarily think of these characters as being bad men or bad women," says Sutter. "Although the solution and their actions are quite often different than ones we would choose, their motivations are often the same as ours, whether it's protecting their family or protecting their hometown."

Ron Perlman, who plays the club's founder and current president, has no qualms about making a hero out of a character that is typically the villain.

"(SAMCRO has) an incredibly well-articulated code of values that sort of permeates its way through the whole family — because it is a family," Perlman says of the Sons. "It's men and women and children and earners and caretakers and spenders. Family drama is what it is, and we're just fighting for the things that are going to make us have the lives we want to live."

Even if that existence leads to a showdown with the Irish Republican Army this season?

"No one is going to tell us what that life should or should not be," Perlman says, speaking like a true club president. "We make up our own rules."

### Show details

**Everything you need to know to get into the Sons of Anarchy**

- **What's it about?** Sons of Anarchy is the story of the Teller-Morrow family of Charming, CA, as well as the other members of Sons of Anarchy Motorcycle Club, Redwood Original Chapter (SAMCRO), their families, various Charming townspeople, and the various rivals and associates who undermine or support SAMCRO's legal and illegal enterprises.
- **Main character** The show centers on protagonist Jackson "Jax" Teller (Charlie Hunnam), the Vice President of the club who begins questioning the club, the morality and himself.
- **How old?** Sons of Anarchy premiered on Sept. 3, 2008 on cable network FX
- **What season is it in now?** Its third season began this week.
- **Popular?** The show's first season averaged 5.4 million viewers weekly making it the network's most successful show since Rescue Me.

# New York is up for sale

## Selling New York explores multi-million dollar real estate deals in Manhattan

Back in the day on Green Acres, Lisa Douglas used to sing, "I just adore a penthouse view."

She'd really adore Selling New York, the high-end real estate reality show premiering Sept. 8 on HGTV Canada.

How high end? Oliver and Lisa Douglas could not have afforded these castles in the sky. On a recent tour of four Manhattan penthouse properties showcased on the series, none were listed for less than $8.9 million. The priciest and most spectacular — an 8,300 sq. ft., Fifth Avenue penthouse across the street from Central Park and the Metropolitan Museum of Art — was listed at $28.5 million.

While that lavish residence boasts seven bedrooms and nine bathrooms, it doesn't come with parking.

**"Many of our clients want their privacy and want no part of this."**
MICHELE KLEIER

"If you live here, you don't need a car," says Michele Kleier, matriarch of the Gumley Haft Kleier agency, one of two real estate boutiques showcased on the series.

Kleier and her two daughters, Samantha and Sabrina, are key players in Selling New York.

They often walk their well-heeled clients through properties together, all in their matching red shoes and designer bags. They even finish each other's sentences.

Although discreet about dropping names, the high-end agents have helped A-list clients like Al Pacino, John Travolta and A-Rod find their cozy corners of Manhattan.

Selling lifestyles of the rich and famous to the rich and famous was why Kleier turned down the first few offers to front a real estate reality series.

"First, we never planned to be on TV, second we were nervous," she says from the massive master bedroom of a Park Avenue penthouse.

"Many of our clients want their privacy and want no part of this."

Neither, at first, did the Kleiers. Other networks had pitched similar show ideas, but the family was wary of being depicted as The Real Housewives of the Upper East Side. One producer promised that, as Kleier recalls, "we wouldn't position you as a train wreck, but very often that's how you come off." Thanks, but no thanks, said the Kleiers.

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▶ Samantha, Michele and Sabrina Kleier are seen at the door of a Fifth Avenue penthouse in New York City on their show Selling New York.

### Need to know

**Everything you need to know to get into Selling New York**

- **Economy problems** The stubborn downturn in the economy still has Manhattan in its grip, but these agents don't scare easy. Ask them how business is and they'll admit things take a little longer to move these days and a few clients have dropped their prices. But the rich and famous still need places to live.
- **No closure?** At these prices, you won't see a lot of deals close on Selling New York. As the Kleiers note, each season is shot over three months, and it often takes that long to get even Fortune 500 clients to "sign off on the dotted line."
- **Some sales** There are sales in season 1, however, and plenty of drama in trying to get that commission.

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(even my ski lessons).

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# Danielle Staub latest to leave Real Housewives

## Joins a long list of former stars that have recently gotten the boot

Bravo is cleaning house.

The network announced Monday that Danielle Staub, the fire-starter on The Real Housewives of New Jersey, would not be returning to the show. Throughout the tumultuous second season, Staub enraged Caroline Manzo, her sister-in-law Jacqueline Laurita and family friend Teresa Giudice, though Staub seemed to make amends at the end of Monday's reunion episode.

"The reunion was Danielle's last appearance on The Real Housewives of New Jersey," said Andy Cohen, Bravo's senior vice-president of original programming and development who also hosts The Real Housewives reunion shows. "We thought the hugs were a great way to end two seasons of bitterness between the women."

It's the latest in a series of Real Housewives departures. Sarcastic chef Bethenny Frankel, who starred earlier this year in the spin-off Bethenny Getting Married? told Us Weekly magazine last week that she did not want to return for the New York edition's fourth outing because last season was "scary and painful."

"Do I expect her to be holding an apple at the beginning of the show? Probably not," said Cohen. "I do hope to see her in the Housewives universe in some way."

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JEMAL COUNTESS/GETTY IMAGES

▶ Danielle Staub poses for a photo on the red carpet at the premiere of The Sorcerer's Apprentice earlier this summer.

### Getting dumped

**Some of the other Housewives stars who have been dropped by producers**

- **Atlanta** Last month, energetic entrepreneur Lisa Wu Hartwell was also officially revealed to not be among the Atlanta ladies' third season, premiering Oct. 4. Producers said it was because she moved far outside of Atlanta area. NeNe Lekes, Kim Zolciak, Sheree Whitfield and Kandi Burruss will instead be joined by model Cynthia Bailey and lawyer Phaedra Parks.
- **Orange County** Lynne Curtain, the spacey mother of two rowdy teenage daughters introduced at the beginning of Orange County's fourth season, posted on her Facebook profile last month that she would not be returning to the show. Cohen wouldn't comment on the most recent cast changes.
- **An original** Only brash original housewife Vicki Gunvalson remains on the Orange County edition, while the New York, Atlanta and New Jersey chapters have all experienced cast changes.

# Angelina Jolie meeting flood victims in Pakistan

## Urges countries to give more aid
## Appealing to citizens to donate

American movie star Angelina Jolie met flood victims in northwestern Pakistan on yesterday and appealed to the international community to provide aid needed to help the country recover from the worst natural disaster in its history.

The flow of aid money has stalled in recent days, and officials expressed hope the two-day visit by Jolie — who serves as a "goodwill ambassador" for the U.N.'s refugee agency — will convince foreign countries and individuals to open their wallets and give once again.

The 35-year-old actress said she met with many people whose lives have been devastated by the floods, including mothers who lost their children and an elderly Pakistani couple who feared they would never be able to rebuild the homes that they've lost.

"I am very moved by them and I hope that I am able to, today and tomorrow, be able to do something to help bring attention to the situation for all of the people in need in Pakistan," Jolie told reporters after visiting a refugee camp in the Jalozai area.

She toured the area wearing a long black robe and a black headscarf adorned with a thin red stripe — the kind of conservative clothing worn by many Muslim women in Pakistan.

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MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

▶ The goodwill ambassador of UNHCR, Angelina Jolie visits a camp setup for people displaced by heavy floods, in Mohib Banda near Peshawar, Pakistan yesterday.

### Floods

**The need-to-know information about the floods in Pakistan**

- **Monsoon** The floods began in the northwest at the end of July after extremely heavy monsoon rains and slowly surged south along the Indus River, swallowing up hundreds of villages and towns and killing more than 1,700 people.
- **Affected** Another 17 million have been affected by the floods, and many will need emergency assistance to survive.
- **UN** The United Nations issued an appeal for $460 million in emergency funds on Aug. 11, but only $294 million, or 64 per cent, has been received so far, and donations have more or less dried up in recent days.
- **Crisis** Ajay Chhibber, a U.N. assistant secretary general, said he hopes Jolie's visit will have "a very big impact" on the inflow of aid money and will keep people focused on the crisis.

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# Beatles' really big show

## DVD offers fans chance to relive Beatles appearance on the Ed Sullivan Show

A new DVD about the Beatles' initial appearances on The Ed Sullivan Show is like cracking open a time capsule.

Almost as interesting as the band making its musical introduction to America in 1964 is the context in which it is placed. The DVD presents the programs exactly as they appeared that night — complete with hapless magicians or comedians, commercials that would shame Mad Men and illustrations of how the pace of television has changed.

The first night, Feb. 9, 1964, is a landmark in television. An estimated 73 million Americans tuned in, the largest ever for a TV show at the time, or three times the amount of people who watched the latest American Idol finale, according to the Nielsen Co.

A generation of musicians can trace their career choices to that night. One was Dennis DeYoung, former Styx lead singer, who told the Montreal Gazette that he watched it while at a high school dance.

"I looked at that and I went, 'Oh, my God! What is that? And how do I apply for that job?'" he recalled. "That was it. There was never any doubt in my mind what I wanted in my life."

A similar DVD was made available in 2003, but without the commercials and with limited distribution. Yesterday's release of The 4 Complete Ed Sullivan Shows Starring the Beatles has some interviews and material that hasn't been seen since the 1960s. SOFA Entertainment, which owns the archive of Sullivan shows (a staple on CBS' Sunday-night schedule from 1948 to 1971), released the new package after getting the OK from the Beatles' Apple Corps Ltd.

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### Ed Sullivan

**A groundbreaking appearance.**

- **Bold opening** Ed Sullivan, the competitive old newspaper columnist, clearly knew the high stakes involved that night and gave the Beatles two showcases on the first show.

HANDOUT/THE ASSOCIATED PRESS

▶ Ed Sullivan, center, stands with The Beatles during a rehearsal for the British group's first American appearance, on the Ed Sullivan Show, in New York on Feb. 9, 1964

▶ Oprah Winfrey.

# Kennedy Center honours Oprah

TV host and actress Oprah Winfrey has been chosen as a Kennedy Center honoree right before the start of the 25th and final season of The Oprah Winfrey Show.

Winfrey was one of five honorees revealed yesterday.

The 56-year-old TV host and actress will be honoured at the 33rd annual event in Washington on Dec. 5, along with former Beatles member Paul McCartney; dancer, choreographer and director Bill T. Jones; country singer-songwriter Merle Haggard; and Broadway composer and lyricist Jerry Herman.

"I love surprising people, I don't like being surprised," Winfrey said. "Releasing any kind of control over a show and allowing myself to sit there and be surprised is not going to be easy but I'm willing to do that."

The Kennedy Center Honors recognize performing artists for their contributions to American culture. Winners are selected by the Kennedy Center's Board of Trustees.

In addition to her award-winning TV show, Winfrey earned Academy Award and Golden Globe nominations for her work in the film adaptation of Alice Walker's novel The Color Purple.

Winfrey is used to celebrating others, both on her popular television show and at previous Kennedy Center Honours programs, but she said she's looking forward to being celebrated this time around.

"When I've done them in the past for people, it has always felt a little bit like being bombarded with a love festival that is about you, and you know that's gotta feel good," Winfrey said during a phone interview in between filming for her show. THE ASSOCIATEDPRESS

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# Tyson yearns for lost Tupac time

**'He had so much love and compassion, and you couldn't even see it under his rage,' Tyson says of Shakur**

When Mike Tyson looks back on his friendship with Tupac Shakur, he thinks about the rapper's big heart, explosive anger — and the one regret he has about their relationship.

"He always wanted me to smoke weed with him, and I never did it, and I wish I did," Tyson said in a recent phone interview.

Tyson said he declined because he was a closet smoker and didn't want it to get out that he smoked the drug. Now, when he looks back on the lost opportunity, he says: "That's my biggest regret."

Tyson's friendship with Shakur is the subject of a new documentary, One Night in Vegas: Tyson & Tupac, which airs Tuesday on ESPN.

The 25-year-old rapper was shot after a Tyson fight in Las Vegas on Sept. 7, 1996; he died six days later.

"He didn't last long, but the time he did last, every minute, every tenth of a moment was explosive," Tyson said.

The documentary chronicles their relationship, which Tyson said took hold when he was imprisoned in 1992 for rape.

"Every day, he would call me or get a chance to call me or send a message," said Tyson. "He would get word to me in prison."

By the time Tyson was released in 1995, Shakur would be jailed for sex abuse; he was released on bond later that year. When he got out of prison, Tyson and Shakur's friendship deepened. Both found it difficult to find people who truly cared for them, Tyson said.

"Our problem was we always had to worry about someone betraying us, our closest friends," Tyson said.

Friendship was so important to Shakur that he criticized Tyson when he selected a song from rapper Redman as his intro music at a fight.

"He said, 'Don't you ever play those (expletive) songs again, they don't give a (expletive) about you,'" Tyson recalled. "When he said that, it pierced my soul … I felt like I did something wrong."

After that talk, Tyson decided Shakur's raps would be his intro music for life.

It was partly because Tyson had chosen Shakur's music as his fight music that Shakur went to Tyson's fight in Las Vegas. He made a special rap for Tyson's big night. After the fight, which Tyson won by knockout, Shakur was to join Tyson at a victory party. But he never made it.

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**Misunderstood**

**Tyson, 44, said the world never understood the real Shakur.**

▶ "He was probably a misguided warrior. He had a heart as big as this planet," Tyson said.

GETTY IMAGES

▶ Mike Tyson's friendship with Tupac Shakur is the subject of a documentary on ESPN.

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# Bure, Courtnall hitting the ice

Hockey stars Patrice Brisebois, Valeri Bure, Russ Courtnall and champion figure skater Ekaterina Gordeeva will be featured on the new season of CBC-TV's Battle of the Blades.

They join previously announced hockey veteran Theo Fleury and returning figure skaters Shae-Lynn Bourne, Isabelle Brasseur and Jamie Sale.

The second season of the campy reality series, in which veteran hockey players are paired with former figure skating champs for dance routines, features international competitors from Russia and the United States.

Other hockey players to compete on the upcoming edition are Kelly Chase, Georges Laraque, P.J. Stock and Todd Warriner.

Rounding out the figure skating contingent is Violetta Afanasieva, Christine Hough-Sweeney, Kyoko Ina and Anabelle Langlois.

The new season of Battle of the Blades premieres Sept. 26 on CBC-TV. The live competition begins the following Sunday, Oct. 3.

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**Television**

**The PBS series Independent Lens says actress America Ferrera will host its ninth season of documentary films.**

▶ Ferrera follows past Independent Lens presenters including Susan Sarandon, Terrence Howard and Edie Falco.

▶ PBS says Ferrera will make her debut when the award-winning anthology series begins its new season of 27 documentaries on Oct. 19.

▶ Ferrera won an Emmy, a Golden Globe and a Screen Actors Guild Award for her portrayal of Betty Suarez on ABC's Ugly Betty, which wrapped last year after four seasons.

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▶ Veteran TV host Tom Clark announced he is leaving CTV. Clark has been with the network for nearly four decades.

# Clark resigns from CTV

Veteran host and reporter Tom Clark is leaving CTV after almost four decades with the network.

Clark, CTV's former Washington bureau chief and host of the political show Power Play with Tom Clark, is leaving to "pursue other opportunities," according to a news release.

His resignation follows the announced retirement of Lloyd Robertson and the appointment of Lisa LaFlamme as his successor to host the CTV National News.

Clark's disappointment at not being named as Robertson's replacement was well known around CTV. Clark had been widely considered a top contender for the anchor job.

"He was pretty bitter," said one employee. "You can tell he wasn't a happy camper."

It was Clark himself who first signalled his departure on Twitter, sending out a message that read, "suffice to say there is no more PowerPlay with Tom Clark." Later, he changed his online profile name from CTVPowerPlay to tomclarktv, suggesting that a TV job might still be in his future.

One friend of Clark's, who spoke on condition of anonymity, said CTV had given him the opportunity to stay if he wanted and the two sides parted ways amicably.

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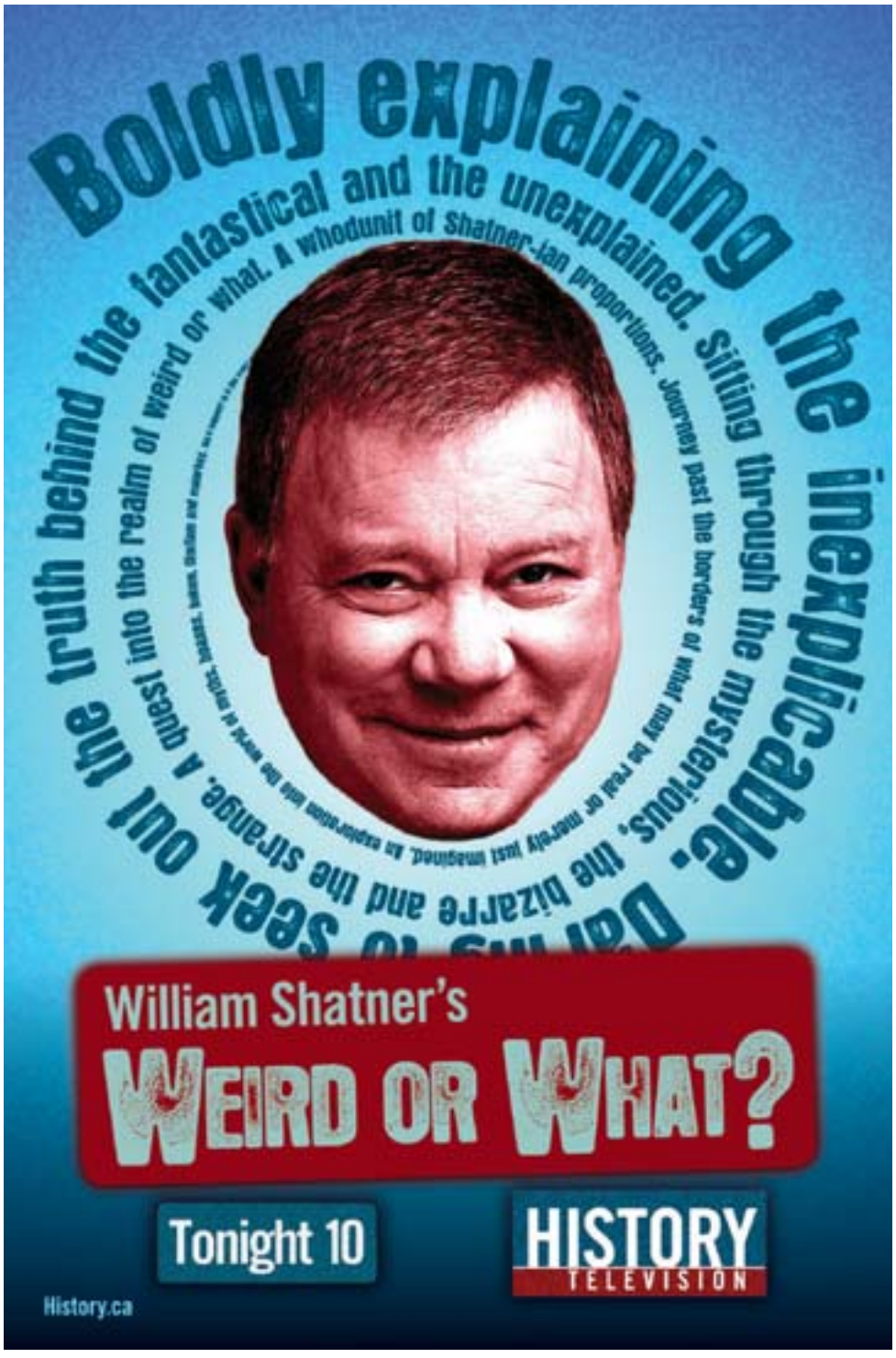


# White House to host new dance series

The stately White House East Room, home to many a bill signing and ceremonial gathering, becomes a stage yesterday for pirouettes, jetes, gravity-defying leaps and maybe even some bumps and grinds as Michelle Obama inaugurates a new dance series.

Dancers of all types — ballet, modern, hip hop and Broadway — take over the room, first for an afternoon workshop, during which students from around the country will have the chance to work with some of the biggest names in dance.

Then, after a short break, the students return to see their mentors perform in an hour-long, star-studded show. Even Broadway's young Billy Elliot will be there — four Billys actually, from the show's rotating cast.

But the main attraction is the Alvin Ailey American Dance Theater, and that's because its celebrated artistic director, Judith Jamison, soon to retire after two decades in the job, is the honoree of the event.

"What a rare opportunity, to be invited by your country's first lady to be honoured like this," Jamison said in a weekend interview. "I've been to the White House a couple of times before, but this event is totally unique. It's so terribly important to recognize this art form and to understand how important it is to the fabric of this country."

"This will be another clarion call to people: Pay attention to your arts!" Jamison said. "My dancers are so excited."

The 67-year-old Jamison is an icon of the dance world. She joined the Ailey company in 1965 and became the choreographer's muse, her dramatic power as a dancer epitomized in the unforgettable 1971 solo piece Cry. In 1989, after Ailey's death, she took over as artistic director. She is scheduled to step down in 2011.

▶ Michelle Obama

Yesterday's program is directed by Damian Woetzel, the recently retired star of the New York City Ballet who is on the President's Committee on the Arts and Humanities. He had a dizzying array of choices from which to cull an hour of the country's best dance. And he said it wasn't exactly hard to find dancers, no matter that the event comes just after a summer vacation weekend.

"Everyone was so excited to be a part of this," Woetzel said in an interview. "It's really an exciting opportunity to present the variety of dance in this country. And the student component makes it especially unique. It's a great way to start the school year."

Though the Obamas have spotlighted many varieties of music since they came to the White House — there have been events celebrating Latin music, rock, jazz, country, classical and Broadway show tunes — the dance world might have felt ignored, until now.

THE ASSOCIATED PRESS

# Writing women off?

**Like everyone, we want to talk about Jonathan Franzen's latest novel ‘Chick lit’ author Jennifer Weiner questions all the attention**

## Chick lit's presence strong on the Web

Maybe chick lit doesn't get the New York Times inches Weiner would like, but it has a loyal following on the Web. Angela Smith, contributing editor to ChickLitClub.com (one of many sites devoted to the genre), tells us what makes the books so appealing to her readers:

"They make you laugh till you cry or bring you to tears just as easily. You can always count on these fabulous women authors to deliver something unique and wonderful."

I paid for a last-minute flight to Paris with my TD Points (even the airport taxes).

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If Jonathan Franzen had been available for an interview, you'd be reading a feature on his new book, Freedom. But considering President Obama was spotted toting an advance copy and Time magazine dubbed Franzen the Great American Novelist on a cover last month, the guy is busy. We understand, but still feel compelled to talk about his book — something Philly-based author Jennifer Weiner finds curious.

In an interview with the Huffington Post, Weiner — herself a best-selling author of seven novels — admitted (perhaps a little bitterly) that she thinks gender plays a role in media coverage of commercial fiction.

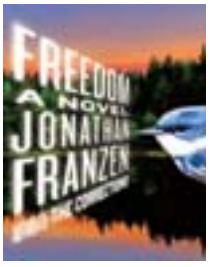
"Do I think I should be getting all of the attention that Jonathan 'Genius' Franzen gets? Nope. Would I like to be taken at least as seriously as a Jonathan Tropper or a Nick Hornby? Absolutely," she said, later adding: "All of them would be considered chick lit writers if they were girls."

While Franzen is definitely having his moment, Kabi Hartman, assistant professor of English at Franklin and Marshall College, isn't convinced there's a bias. "My guess is that Franzen fulfills an archetypal image we still have of the 'Great Writer' — aloof, tousled, tortured — and that archetype remains largely, perhaps essentially, masculine," she says. "However, I take comfort from the fact that 10 of the '20 Under 40' writers named by The New Yorker this summer are women."

Although no one is arguing that The Devil Wears Prada deserves a place on the shelf next to The Corrections, Crystal Patriarche, contributing books editor at SheKnows.com and a publicist for many women novelists, does think chick lit deserves more respect — and a new name. "In many cases, it's an overused term — these authors write books about motherhood and insecurities and families and real issues," she says.

**Reading**

- **Jonathan Franzen**
- **Freedom A Novel**



▶ It's not all chick lit: Elizabeth Strout nabbed the Pulitzer Prize for Fiction last year with Olive Kitteridge — and nobody called it chick lit.

I paid for my all-inclusive vacation with TD Points (even the jet-ski rentals).

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# Donoghue up for Man Booker

Ontario-based author Emma Donoghue has made the short list for the prestigious Man Booker Prize for fiction.

The Irish-born writer's harrowing new novel Room is one of six contenders announced yesterday for the 50,000-pound $77,000 US prize, which guarantees a glut of media attention and a big boost in sales.

Donoghue's Room, about a boy who's never been outside the room in which he lives with his mother, made the Booker long list before it was even published.

When it finally hit shelves in Britain and Ireland, it was an instant bestseller. Now, various North American publications — including Oprah Winfrey's O magazine — have it on their must-read lists ahead of publication in Canada on Sept. 11 and the U.S. on Sept. 13.

Two-time Booker Prize winner Peter Carey is also a finalist for the prestigious award with his work Parrot and Olivier in America — a U.S. odyssey inspired by philosopher Alexis de Tocqueville.

Carey took home Bookers in 1988 for Oscar and Lucinda and in 2001 for True History of the Kelly Gang. He would be the first writer to win the prize three times, but is considered a long shot.

The early favourite, according to bookmaker William Hill, is British writer Tom McCarthy, whose wildly experimental C — the story of a technology-obsessed 20th-century everyman — has drawn comparisons to James Joyce.

The prize other finalists are In a Strange Room by South Africa's Damon Galgut, a previous Booker finalist; philosophical comedy The Finkler Question by Britain's Howard Jacobson; and Small Island author Andrea Levy's The Long Song, the story of a slave on a 19th-century Jamaican sugar plantation.

THE ASSOCIATED PRESS

▶ Emma Donoghue

# Vegas police defend Paris' quick release

GETTY IMAGES

▶ Paris Hilton was arrested and charged with one felony count of cocaine possession on Aug. 27.

Las Vegas police are defending Paris Hilton's quick release from jail after her Aug. 27 arrest on suspicion of cocaine possession, saying they wanted to avoid disruptions in the jail's operations.

Hilton was out of the jail in about three hours, roughly half the average time it takes to process people facing the same charge, the Las Vegas Review-Journal reported.

Metropolitan Police Deputy Chief Jim Dixon, who runs the jail, acknowledged Hilton was pushed through the booking process to get her into a separate room and out of the jail as soon as possible.

He noted a crowd of about 100 people gathered outside the Wynn Las Vegas resort to snap photos and shoot video of Hilton while her boyfriend, Cy Waits, was pulled over and arrested on suspicion of driving under the influence.

"Yeah, she was treated differently so I don't have a disruption of my process here at the county jail," Dixon told the Review-Journal. "When you bring somebody in like that, everybody comes over and tries to look at them. I'd have officers attempting to keep inmates away from her. I'd have disruptions."

Because of overcrowding, Hilton presented a major problem for jailers, Dixon added.

Hilton, 29, was charged with one felony count of cocaine possession after authorities say she opened a purse in front of a police lieutenant and a small baggie of cocaine fell out. Hilton claims neither the purse nor the cocaine was hers.

She's scheduled to appear before Las Vegas Justice of the Peace Joe Bonaventure on Oct. 27.

THE ASSOCIATED PRESS

I paid for a resort in paradise with TD Points
(even the scuba lessons).

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## Aniston seen with TV star

Jennifer Aniston stepped out recently with Cougar Town star Josh Hopkins, sharing a two-hour dinner at popular restaurant Madeo in Beverly Hills, according to People magazine.

"She and Josh sat at a more private table and they seemed to get along great," a source says. "It was obvious that they don't know each other well, but there was a flirty energy between them and Jen looked very happy." METRO

## Whoopi wants to be like Mike

Whoopi Goldberg is apparently Michael Jordan's biggest fan.

The View co-host visited the NBA Store in New York recently with some visiting family members and bought herself a life-size photograph of the basketball great for $2,300, sources tell Page Six. METRO

GETTY IMAGES

▶ Oksana Grigorieva wants Mel Gibson to pay out more money in a custody case.

# Oksana wants Mel to pay for her PR costs

Oksana Grigorieva has some new demands in her ongoing custody battle with Mel Gibson, according to TMZ. The Russian singer is reportedly asking the judge to make Gibson pay her an addition $84,000 to pay off the public relations firm she's been using.

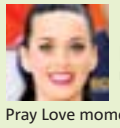
Grigorieva is also reportedly looking to have her monthly stipend increased from $6,000 to $40,000. Sources doubt the judge will award approve any money for the publicist, as it's not for the care of her and Gibson's daughter.

METRO

## Celebrity tweets

**Jessica Simpson [@JessicaSimpson]** This day last year my life changed because I lost my baby Daisy Mae- the best pup of all time...give your dog some extra love today!!

**John Cusack [@johncusack]** i'm just as hard on democrats too -- FDR was great but dems are as much in the bait and switch game these days as the gop.. i'm sad to say.



**Katy Perry [@katyperry]** In Italy having an Eat Pray Love moment stuffing my face w/ spaghetti (say w/accent) Loving it, eating it, praying it won't stick.

**Cat Deeley [@catdeeley]** @jamie_oliver cooked your roast chicken today with creamy cheesy leeks and green beans! Delicious! ven if I do say so myself! METRO

## Lilo not forgiving her dad any time soon

The rift between Lindsay Lohan and her father, Michael Lohan, isn't likely to heal anytime soon, considering what the troubled actress has to say about him.

"He's put myself and my mother and my mom's parents through so much hell. From the death threats to throwing shoes at my grandfather's head and giving him a concussion to threatening to kill my mother in front of my little brother Dakota," Lindsay tells Vanity Fair.

"I grew up really fast just because of the situations I was subjected to because of my father. My mom would try to shield me from that as much as possible, but I chose to get in the middle of my parents my entire life."

METRO

**Sure, there are hundred dollar bottles of wine in Napa Valley, but you don't have to crush your budget to have a great time From touring avant-garde art, to gliding up a mountain on a gondola so you can sip champagne at the top, there are plenty of low-cost options**

ERIC RISBERG

▶ Heather de Savoye, left, and Amy Hall sample wine following a tour at the Rubicon Estate Winery in Rutherford, Calif.

# Napa Valley offers grape fun

No doubt about it, the Napa Valley can be expensive. But there are vine values to be found if you know where to look.

Here are five things to do in wine country for $25 or less each:

**Art au natural** The di Rosa art preserve features groundbreaking artworks from the San Francisco Bay area set in 88 hectares of vineyard and gardens at the southern end of the Napa Valley. Created by collectors Rene and Veronica di Rosa, works are housed in their former home as well as the grounds. Your visit can be as simple as a free jaunt through the Gatehouse Gallery, at the entrance, to guided tours of the grounds and the di Rosas' former home.

**The Rubicon of Wine** Love movies? Love wine? Then a tour of Francis Ford Coppola's Rubicon Estate may be an offer you can't refuse. Founded in 1880, by the 1970s, the winery had fallen on hard times, which is when director Coppola came across it and began a 25-year journey of restoring the chateau and winery.

**Old Faithful** It's all about water, not wine at the Old Faithful geyser in Calistoga at the top of the valley. This isn't the biggest geyser in the world, but it is regular, spouting off every 40 minutes or so. The water, about 350 degrees, shoots as high as 18 metres. This is one place in Napa where kids are welcome.

**Up in the air** Take a gondola ride at Sterling Vineyards up a hillside to the beautiful, white-stucco winery. Adult guests are greeted with a glass of wine and then sent on a self-guided tour that offers a glimpse of winemaking operations and barrel storage before emerging on to a sunny rooftop patio with a breathtaking view of the valley. Tastings are set up in five stages along the tour.

**From the terrace** Finish your day by heading south to Domaine Carneros. This is a sparkling property built in the style of a French chateau. It's also one of the few wineries where you can get table service. Sit on the terrace overlooking a rolling green sweep of vineyard and order a glass of bubly and plate of cheese.

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## If you go

- **The di Rosa art preserve,** 5200 Sonoma Highway, Napa, Calif., 707-226-5991, dirosaart.org. Open Wed. to Fri., 9:30 a.m. to 3 p.m. Tours and tastings start at $15 US.
- **Rubicon Estate,** at 1991 St. Helena Hwy., Rutherford, Calif., 800-782-4266, rubiconestate.com. Open daily 10 a.m. to 5 p.m.
- **Old Faithful geyser,** 1299 Tubbs Lane, Calistoga, Calif., 707-942-6463, oldfaithfulgeyser.com. Adults, US$10, seniors, $7 US, children, 6-12, $3 US, under 6, free.
- **Sterling Vineyards,** 1111 Dunaweal Lane, Calistoga, Calif., 800-726-6136, sterlingvineyards.com/home. Tour and tasting starts at $25 US.
- **Domaine Carneros,** 1240 Duhig Rd., Napa, Calif., 800-716-2788, domainecarneros.com. Table service from 10 a.m.to 5:45 p.m.

## 3 life

### Baby giraffe

The largest herd of Rothschild giraffes in Canada is now a little bigger, with the birth of Johanna at the African Lion Safari. The 300-hectare drive-through park, which also features lions, baboons, zebras, elephants and other animals, says the healthy 1.6-metre-tall giraffe arrived Aug. 18, standing up within minutes of birth.

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**Renewed Bandelier National Monument tells story of New Mexico's pueblo people**

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# The other Miami

▶ A freighter is guided down the Miami River by a tugboat in Miami.

## Touring the Miami River offers a glimpse of the city's rich history beyond the glitz of South Beach

The Miami River isn't the prettiest body of water in the city.

It's not the clearest or the cleanest, and it's certainly not made for swimming. But along its banks are remnants of Miami as it once was.

Upstaged by the city's sizzling beaches and ocean views, the river is often overlooked. But visitors wishing for an unvarnished yet still charming view of Miami may consider touring the almost nine km-long waterway with HistoryMiami — the city's cultural and historical centre.

"In Miami, you have these celebrity tours that just talk about who lives where. It's strictly a rich-and-famous thing," said historian Paul George, who leads the boat tours. "My tours are heavily historical and architectural."

But that doesn't make them boring. George, a native Miamian who grew up playing around many of the riverside landmarks, displays obvious excitement for and encyclopedic knowledge of his city.

The tour, offered several times a year, begins near the Miami Circle where the Tequesta aboriginals carved an inverted dome into the bedrock some 2,000 years ago, perhaps as part of the foundation for an important structure at the river's mouth.

**"Miami's not just a famous, glitzy kind of shallow tourist city."**
**PAUL GEORGE, HISTORIAN**

A few blocks west, lies the Royal Palm Cottage, which once housed men working for Henry Flagler, the New York developer who brought in the railroad system and helped build up Miami from swampland.

Upriver, the banks change from luxury hotels to weather-beaten fishing boats. This is a working river which produces some $4 billion US in trade each year and sustains some 7,000 jobs.

Amid the industrial bustle, George points to the "hidden gem" of Sewell Park — a 10-acre greenspace boasting hundred-year-old palm trees.

The tour then floats past the eatery Garcia's Seafood Grille and Fish Market, where food comes in fresh from the family's fleet of lobster, stone crab and fishing vessels.

"Miami's not just a famous, glitzy, kind of shallow, tourist city," said George, adding that his tour "gives you an appreciation of the variety of people and experiences and places in greater Miami."

▶ Sewell Park, a lush 10-acre sprawl along the Miami River.

### If you go

- **HistoryMiami**, 305-375-1621. Next tours are Oct. 23 and Dec. 11. Tickets: $49 US a person. Reservations required in advance.
- **Boarding** Go to the Miami-Dade Cultural Center to meet the guide, 101 West Flagler St.

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STEVE LAMBERT/THE CANADIAN PRESS

# It's all about the birds at marsh

▶ The Oak Hammock Marsh, a restored wetland north of Winnipeg, is home to more than 300 species of birds.

**Manitoba wetland provides unparallelled views of 300 species of migrating birds Just outside Winnipeg, also offers a clear gaze of constellations and northern lights**

Just north of Winnipeg lies a pristine wetland offering unspoiled views of birds.

Oak Hammock Marsh, established by Ducks Unlimited and the Manitoba government, is made up of 36-square-kilometers of wetland that is home to more than 300 species of birds — everything from finches to eagles to elegant white pelicans — as well as 30-odd types of mammals in including beavers and ground squirrels.

The marsh has a three-storey centre with a grass roof. It's the highest structure within kilometres, so a visit to the observation deck provides a 360-degree view to the horizon.

During the busy fall migration season, which lasts from early September to mid-October, you can watch hundreds of thousands of birds come and go from every direction.

"It's ... almost like a gas station along the highway would be for a car," said Jacques Bourgeois, the facility's event co-ordinator.

Lying along a route used by birds that travel to northern Canada in the summer and as far south as Florida in the winter, the preserve offers a safe place to stop with plenty of food. Birds gorge for two or three weeks, eating what would amount to dozens of pizzas each day for a human and adding 10 per cent to their body weight before continuing on their journey.

Thirty kilometres of walking trails that meander through the marsh are designed to minimize human impact on the environment. And, because it is free of light pollution, the centre provides a clear view of the stars.

Once a month, the centre offers an indoor theatre presentation about the constellations, followed by a look at the real thing from the rooftop. It has also become a hot spot at which to see the northern lights in fall, when the days get noticeably shorter and aurora borealis visibility peaks.

THE CANADIAN PRESS

**If you go**

**Oak Hammock March**, is off highway 67, about 20 minutes from Winnipeg. Admission: $6 for adults, $5 for seniors and $4 for children; oakhammockmarsh.ca.

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▶ The new iPhone application, mTrip, uses the latest in smart phone technology to make it easier to stay on track in a foreign locale.

# The future of travel is here

**mTrip application for iPhone blends technology and travel reality ◐ Serves as travel guide all over world**

The new iPhone application mTrip is a travel guide and then some: Using the latest smart phone technology, it helps travellers stay on track while abroad.

But isn't getting lost part of the fun of travelling? So-called "augmented reality" became more widely available about a year ago and takes advantage of a smart phone's GPS and compass features, along with access to high-speed wireless networks, to mash up super-local web content with the world that surrounds you.

It works like this: You turn on the application, hit the augmented reality button and then look through your phone's camera at the Brooklyn Bridge or the Empire State Building. Icons pop up that show you other points of interest, or restaurants within about a kilometre of your location, whether the restaurant is open, and what reviewers are saying about it.

MTrip developers partnered with travel guide company Sparks to provide content but also rely on user-generated reviews and suggestions. There's a spot in the app that allows you to send a new place back to mTrip for reviews and additions to its list.

The app also has something called mTrip genius, which works similarly to the genius feature in iTunes. You note whether you want more or fewer parks, religion or monuments, and it designs an itinerary for you.

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*Catalonia Bavaro Beach, Golf & Casino Resort* + taxes & fees $332
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*Catalonia Playa Maroma* + taxes & fees $283
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Air + 7 Nights $139◊
*Champions World Resort* + taxes & fees $237
INCLUDES accom near *Walt Disney World* Resort. Price is based on a family of 4. Departs Sep 17/ggv/ts. BOOK this package based on double occupancy for $199 per person plus taxes.

**St Pete Beach, Florida**
Air + 4 Nights $399
*Alden Beach Resort & Suites* + taxes & fees $127
INCLUDES beachfront resort accom with kitchenette in St Pete Beach. Departs Sep 26/ggv/dl.

**Boston** Air + 3 Nights $419
*Courtyard Boston Tremont Hotel* + taxes & fees $125
INCLUDES central accom close to sites and attractions. Departs Nov 15/ggv/ac.

**New Orleans** Halloween Special
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14-Day Tour $1830
*Island Suntanner* taxes & fees included
HIGHLIGHTS Sydney, Byron Bay, Gold Coast, Fraser Island, Great Sandy National, Rockhampton, Whitesundays, Airlie Beach & Cairns. Departs select Saturdays year round/tpk. Tour age 18 - 30's.

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# THE STUFF OF LEGEND

## New Orleans is Back

Much has been said and written about New Orleans the last few years. Here's a new headline:

***Things are good.***

The music is back in New Orleans. It wafts through the night air in the French Quarter and pulses among the colours of Mardi Gras. It mixes with the Creole French and Southern English that compose the city's trademark dialect. It revives the past in clubs and on street corners, where jazz was born. These are the sounds of a vibrant city; one open for business. All it needs now is you.

### WHAT'S PAST IS PROLOGUE

Though without beaches, New Orleans has never struggled to attract visitors. It began as a port city, named for Philippe II, Duke of Orléans, and situated some 1.5 m (5 ft) below sea-level. New Orleans soon became a vibrant point of trade for Caribbean peoples, even as ownership of its land shifted from France to Spain and back to France, and finally, in 1803, to the United States of America.

New Orleans also became a destination for refugees, particularly escaped slaves. These arrivals dramatically increased New Orleans' size and ensured its future as a multi-ethnic, multi-cultural city where traditions could merge in intriguing ways. Most famous today are the Creole, variously people of French, Spanish, West Indian and African ancestry, descended from the first generation born in the colonies; and the Cajuns, descended from French-speaking Catholics exiled from Nova Scotia in the 1700s.

### HISTORY NURTURES NEW BEGINNINGS

New Orleans' French Quarter remains its heart. The district as a whole is a National Historic Landmark, with many structures predating New Orleans' entry into the United States. Among the most famous is Lafitte's Blacksmith Shop, a tavern located on the corner of Bourbon and St. Philip Sts., built some time before 1772—making it one of the city's oldest buildings and perhaps the oldest continually occupied bar in America. But if you're not in the mood to occupy it, don't worry. New Orleans is one of the few spots in the United States where open alcohol can be possessed and consumed on the street.

*Photos: New Orleans Conventions and Visitors Bureau*

### YOU'RE PART OF THE FUTURE

New Orleans never lost its welcoming spirit; now it can again treat you to the sights and sounds that made it legendary. And if you wish to show your appreciation, you can. Many visitors now engage in 'voluntourism'; a mixture of sightseeing and good works benefitting those parts of New Orleans still in need of redevelopment. You can help in many ways, so all you need do is ask. New Orleans, as always, is enriched by those who visit.

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## New York food complex dedicated to all things Italian Includes restaurants, wine shop, bakery and marketplace offering fresh, authentic ingredients

# That's amore!

CHARLES SYKES/THE ASSOCIATED PRESS

Eataly is the brainchild of some of New York's Italian culinary heavyweights.

A sprawling complex dedicated to Italian food and wine opened yesterday in Manhattan, offering seven boutique restaurants, a wine shop, bakery and patisserie, plus a supermarket-sized marketplace.

Founders of the 4,600-square-metre Eataly claim it's the largest site in the world dedicated to high-quality Italian food. Fresh ingredients and minimally processed foods are emphasized, and nothing is frozen except the gelato.

"Everything that's fresh is local — fish, beef, milk, vegetables — and then the best of Italian ingredients, reggiano parmigiano, balsamic vinegar, extra virgin olive oil, are imports," said founder Joe Bastianich.

**If you go**

**Eataly** Lis located in the lobby of an historic building at Fifth Avenue and 23rd Street.

THE ASSOCIATED PRESS

"So it's not didactically everything from Italy. It's the spirit of eating in a true Italian way."

There's also a rooftop beer garden and a culinary school for those who want to learn how to perfect their own pasta dough or make fresh mozzarella.

Manhattan's Eataly is the brainchild of culinary heavyweights Oscar Farinetti, Mario Batali, and Batali's New York City partners, Lidia and Joe Bastianich. Farinetti founded a similar complex in Turin, Italy, located on the city's outskirts near Fiat headquarters as well as an Eataly in Tokyo.

The landmarked building already had an ornate marble lobby, with elements that now evoke the feeling of an Italian piazza.

Shopping and eating at Eataly is not a bargain, but a budget-conscious diner can enjoy the Italian experience there without spending excessively.

The prepared food is often the best bet — pasta pomodoro goes for $12 US, and pizza margherita for $13 US. The take-home market products are more pricey. THE ASSOCIATED PRESS

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# Utah ski resorts get big upgrades

▶ Mike Goar, managing director of The Canyons in Park City, Utah, on one of the ski resort's new chairs, which can warm up to 55 degrees and has a bubble that swings over passengers like a pair of goggles.

**Utah ski resorts add amenities like the bubble chair with warmed-up seats ◐ The Canyons among properties making big investments in future**

Utah's fastest growing ski area is spending millions to reconfigure the mountain and add North America's first heated chair lift with a bubble shield that swings over passengers.

The changes at The Canyons — one of Park City's three ski resorts — highlight some of the biggest development projects at Utah ski areas since the 2002 Salt Lake Olympics drove major expansions.

"This is the future," Mike Goar, managing director of The Canyons, said. The Canyons is owned by Toronto-based Talisker Corp., a closely held resort operator that won't reveal how much it is spending. Executives say it is one of the biggest investments by a North American ski operator in years.

The Canyons was considered so valuable that when Talisker bought it two years ago for US$123 million, Colorado rival Vail Resorts Inc. filed a lawsuit claiming it had a deal to buy the Park City resort from now-defunct American Skiing Co. but was pushed aside.

Vail dropped the lawsuit a year later but grumbled that it reserved the right to seek monetary damages.

Now, Talisker is on a tight schedule to remake Utah's largest ski resort by December. It is opening an eighth peak for skiing and adding or realigning several lifts, while redesigning the village base.

The main lift, an eight-passenger gondola, is being moved closer to an aerial cabriolet that picks up skiers from a parking lot.

Also at the base, the resort is adding a high-speed chair lift with seats that can heat up to about 12 C.

That could change skiers' outlook on a frigid winter day. A bubble shield will keep wind off as skiers sail up the mountain in just nine minutes.

The lift is the envy of other Utah resorts. Many of them say they have big plans too.

THE ASSOCIATED PRESS

## Other resorts

**Among other Utah resorts sprucing up their mountains:**

- **Park City Mountain Resort** is adding snowmaking on the lower mountain and brighter lights for more night skiing terrain.
- **Deer Valley** is updating the interiors of ski lodges and replacing equipment including snowmaking machines with more energy-efficient models.
- **Brighton Resort** says it has invested US$5 million in ski lifts over the past few years.
- **Alta,** Utah's legendary powder palace, hardly ever needs improvement, but the ski area is planting trees, shrubs, mountain flowers and grasses. It's upgrading snowmaking capacity and overhauling a quaint rope tow that pulls skiers between base areas.
- **Powder Mountain** is expanding popular snow-cat-assisted backcountry terrain for a total of 2,800 skiable hectares.

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# The importance of confidence in the kitchen

**Over the course of a college or university career, some of the basic skills of life manage to be overlooked**

Budgeting, cleanliness and hygiene aside, it seems a key area of neglect for today's post-secondary students and recent grads is cooking.

For every whiz who can whip up some salmon risotto, there's a dunce whose go-to gourmet dish includes mixing cheese powder with macaroni noodles.

While many consider this a result of the high demands and hectic schedules of the modern world, Maribel Linfield — an expert chef and food educator — says it's really just a matter of "kitchen confidence."

"A lot of people are afraid of the kitchen for one reason or another," she said in an interview from her home in Waterloo, Ont. "They never learned to cook, so they find it intimidating, impractical or time consuming."

Linfield doesn't buy it. She was in the culinary industry for 24 years, working at acclaimed restaurants like Langdon Hall in Cambridge, Ont., before deciding to launch her own online cooking school.

Her site, fooddiva.com, features a series of entertaining videos that Linfield produces herself. She explains the basics of "kitchen confidence" so that new users understand that the kitchen is something to be embraced, not feared.

And, of course, she teaches the culinarily challenged how to make food taste, and look, seductively delicious.

"I always thought that because cooking is a life skill, there has to be a convenient and affordable way to get the accurate information that is out there," she says.

Linfield also hosts interactive workshops in the kitchen of her home, and hosts a cooking summer camp for kids.

For the college or university student who is perhaps buying groceries on their own for the first time, Linfield's site offers an easy-to-use approach to food education, which will have them reaching for items with knowing confidence rather than bewilderment.

THE ASSOCIATED PRESS

DAVE CHIDLEY/THE ASSOCIATED PRESS

▶ Maribel Linfield, of The Food Diva an online cooking class, poses in her kitchen in Waterloo, Ont.

**Motivation**

- Money: For the price of one fine dining meal, you could buy groceries for the week.
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▶ Spaghetti with Butternut Squash, Sage and Pecorino from The Vegetarian Student Cookbook. Ryland Peters & Small; rylandpeters.com.

# Vegetarian students now have options

From yummy snacks, food to impress and quick desserts, The Vegetarian Student Cookbook is a must for hungry students short on time and money.

You're finally heading out into the exciting world of student life and the prospect of cooking up a vegetarian storm seems very daunting, but don't panic — check out The Vegetarian Student Cookbook and its more than 120 recipes.

**Ingredients :**

- 14 oz. dried spaghetti
- ¼ cup olive oil
- 14 oz. butternut squash, peeled, deseeded and cut into thin wedges
- 2 garlic cloves, chopped
- freshly chopped parsley
- ½ cup Pecorino, grated or shaved
- 10–12 small fresh sage leaves
- salt and black pepper

**Spaghetti with Butternut Squash, Sage and Pecorino**
**Preparation:**

1. Bring a large saucepan of water to the boil and add a pinch of salt. Drop in the pasta and cook according to the instructions on the packet.
2. Heat the oil in a frying pan over high heat. Add the squash and cook for 5–6 minutes, turning often, until golden but not breaking up. Add the garlic and sage to the pan and cook for 2–3 minutes. Remove from the heat and leave to sit to allow the flavours to develop.
3. Drain the pasta well and return to the warm pan with the squash mixture.
4. Add the parsley and half of the Pecorino and season well with salt and pepper. Serve with the remaining cheese sprinkled over the top. Makes four servings.

**FROM THE VEGETARIAN STUDENT COOKBOOK**

**Superfood**

## Fennel

Renowned for its digestive properties, fennel seeds are often chewed after a meal to aid digestion. Fennel is a fantastic source of vitamin C. It's also filled with fibre, an essential requirement for a healthy colon. Fennel is a rich source of potassium, a mineral crucial in the lowering of blood pressure.

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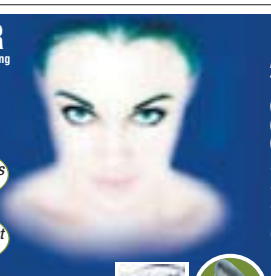

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# Fiverr makes a quick buck

- Networking site offers services for less than $5
- Great self-promotional tool for entrepreneurs

KEITH CARMAN
LIFE@METRONEWS.CA

A website anonymously pairing people looking to have tasks out of their realm completed quickly and inexpensively with those able to offer such resources for the nominal, unwavering fee of five dollars, Fiverr.com is one of the world's fastest-growing serviced-based networking sites.

"Finding outsourced or freelanced minor tasks that are monumental and time consuming for the novice but simple for the experienced. That's what this site is," notes Micha Kaufman, co-founder of Fiverr.com about his creation. "The idea of Fiverr is to capture this notion that everyone is a micro-entrepreneur and can turn a profit from it."

Used by homemakers, students, amateurs and professionals alike, a quick glimpse of Fiverr.com unveils offers of everything from the outlandish (emailing pets/writing gag songs) to practical (designing Flash logos for businesses) in an effort to allow capitalization on one's particular speciality.

Today, thousands of people buy and sell expertise or kitsch through the strictly-online service which allows person-to-person, person-to-business and business-to-business employ by simply placing an order through Fiverr.com. Enrolled participants may purchase from other Fiverrs or post their own offers, with solicitations sent via email. Upon completion of the task, payment is rendered via the entrepreneur's PayPal account with a percentage going to maintain the Fiverr enterprise.

"I draw caricatures of people," notes Vancouver-based political cartoonist J.J. McCullough who uses Fiverr as an addendum to his own filibustercartoons.com site. McCullough's work has quickly made him a popular contributor.

"It's fun to browse, trade and exchange with other Fiverrs as a self-promotional tool; great for offering simplistic, minimalist services."

With its ease-of-use, low financial impact and increased online presence, Fiverr.com required little advertising to gain notoriety. Building a membership base principally via word-of-mouth, Kaufman notes that the site appeals to both dedicated dollar earners and those seeking diversion.

"Because Fiverr.com is available for both financial gain as well as personal fulfillment, fun and social connectivity, its value is broad; far beyond just making a few dollars. Some people have proven their abilities through Fiverr and moved on to great jobs. Others sell their abilities or wares just to do something amusing."

▶ What's Your Five Dollar Dexterity? Find out at Fiverr.com.

## Growth spurt

Launched a mere six months ago, Fiverr.com has taken off like something out of the late-'90s dot-com boom.

It is already the 450th most popular website in the U.S. and 800th globally; has just surpassed 100,000 services offered/rendered in that brief time span. Even Micha Kaufman is an enthusiastic customer.

"Apart from the 'eat your own dog food' that most companies should do, I've tried all kinds of things; spent tons of money here in small five dollar doses," he laughs. "Mostly on special gifts for loved ones like special postcards or having a song written and recorded for my wife."

METRO

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MICHA KAUFMAN

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# Insurance tips to help protect your business

## Many factors to consider when choosing your policy

With startup costs, personnel and cash-flow top of mind, most entrepreneurs wouldn't say that insurance is the first thing they thought about when starting a small business.

Even so, choosing the right insurance coverage may be the factor that makes or breaks a business. Whether it's a one-man operation or a larger company with 40 employees, having the right insurance makes sure company assets are protected no matter what happens.

"For a small business a comprehensive insurance policy is extremely important," says Shelley Toyota of RSA Canada. "Even a relatively small loss can drastically impact a small business if the right coverage is not in place."

RSA Canada offers a list of the top types of insurance that small businesses should consider:

**Property insurance**

This covers all physical assets related to your business. Look for a provider that offers flexible insurance that can be adjusted as your business grows.

**Liability insurance**

Having this type of coverage will protect you from being sued and any damages that result from legal action against your business or employees.

**Business income insurance**

If for whatever reason your business has a temporary shutdown, this type of insurance will cover the payroll and expenses by providing income on a regular basis.

**Contents insurance**

If your company is the subject of a burglary or vandalism, this will provide replacement funds to cover damages or losses.

**Fleet insurance**

Regardless of whether you have one vehicle or 20, a comprehensive fleet insurance package will assure that accidents will not result in damage to your bottom line.

**Crime and Fidelity Insurance**

Protect yourself from loss of money, securities, or property due to crime such as burglary and employee dishonesty.

**Equipment Breakdown Insurance**

Ensure you can cover the cost to repair or replace equipment damaged by a breakdown, or the loss of business income and the extra expense incurred to resume business, spoilage of perishable goods as a consequence of equipment breakdown. NEWS CANADA

**more details**

**More information** on insurance for small businesses is available online at rsagroup.ca.

▶ Choosing the right insurance coverage may be the factor that makes or breaks a business.


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# LAWS OF RESIGNATION FAVOUR EMPLOYEES

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Canadian employees have no right to severance pay if voluntarily leaving their job. They may claim this is unfair — but not so fast: The laws of resignation generally work in their favour.

Employees tendering their resignation are sometimes free to withdraw it and continue as before. Just ask top-gun computer executive Andrew Kieran, who stated he would leave his job but then changed his mind after his employer, Ingram Micro, proposed to accept his "resignation." Since Ingram hadn't already acted to its detriment by the time Kieran changed his mind, the Court concluded that he hadn't resigned and was free to keep his job.

Similarly, resignations arising from an ultimatum may be nothing more than a camouflaged termination. Where an employee is a given an ultimatum to either resign or be fired, courts have often decided the employee was fired. A true resignation is a voluntary action.

Even an obvious indication of an intention to resign does not make it so. In a fury, Susan Lelievre demanded a severance package, fired off emails announcing her last day of work, packed up her belongings and then left. Lelievre's employer, AIG Insurance, concluded that she had resigned. However, during the ordeal AIG demanded that Lelievre return all company property including her office keys and pass card. Since AIG treated Lelievre as having resigned before she left the office, it effectively fired her, ruled the court. Employees should be given the benefit of time to consider their actions and asked to confirm their intentions in writing. Lelievre had not been given that option.

A resignation, to become effective, does not actually require the use of that very word. The real test is whether an employee's actions are clearly consistent with someone voluntarily wishing to leave. I currently have two such cases. In one, the employee emphatically denies having uttered the words "I quit." In the other, she asserts that the employer wrongly attributed to her a statement indicating that she had resigned. In both cases, the employees came to work the next day as if nothing unusual had happened, which suggests they had no intention to leave. The conclusion to their cases will be, I suspect, based not upon the words used by my clients but on their actions and conduct at the time that those words were said — and afterwards. Nothing else ought to be dispositive.

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# Kick bad habits to score school success

## Implement good routine early or bad habits could sneak back

Now that the school year is underway, students — and parents — are settling back into the school groove. Unfortunately, some students can also find themselves settling back into bad habits from previous years.

"It's important to start the new school year off on the right foot," said Dr. Nick Whitehead, founder and CEO of Oxford Learning. "The habits that students develop in the early weeks can stick with them for the entire year."

According to Dr. Whitehead, the sooner that students make good school habits part of their daily routine, the more likely that they will keep these habits for the entire school year. The trick, he says, is to implement good school habits as soon as possible, or else bad habits can sneak back.

So how do parents and students implement good school habits for the entire school year?

Dr. Whitehead recommends that parents take out last year's final report card and review the teacher's comments.

"If there are school issues from last year that weren't addressed over the summer, it's likely that they will become problems again this year," he says. "Knowing what the challenges are, and getting help with these areas before they become issues, is a great way to avoid repeating bad habits."

Dr. Whitehead also recommends that parents reintroduce school-year routines such as limiting TV and computer time, setting bedtimes and wake up times.

NEWS CANADA

▶ Bad habits can lead to problems throughout the school year.

### Bad habits

**Five habits that ruin a school year:**

1. **Oversleeping/Not Getting Enough Sleep.** Students of all ages need sleep. Research has shown that during sleep, the brain files and stores information learned throughout the day. Dr. Nick Whitehead, founder and CEO of Oxford Learning, says that not getting enough sleep can impair a student's ability to focus in class.
2. **Too Much Screen Time.** TVs, computers, and cellphones are distracting to students. Mounting evidence is showing that multitasking is not as good as was once originally thought. Accessing the Internet during homework time doesn't necessarily improve students' ability to work, and it can detract from their ability to focus on a single task for a period of time.
3. **Procrastinating.** From social lives to family responsibilities and extracurricular activities, students can be tempted to leave homework until the last minute. Too many distractions, not following a schedule, or not using an agenda can put homework at the bottom of the priority list. According to oxfordlearning.com, students can avoid last-minute scrambles and late-night cram sessions by making schoolwork a priority.
4. **Poor Nutrition.** Food is fuel—the better the quality, the better the performance. If children eat a sugary breakfast, or skip breakfast altogether, they run the risk of performing poorly in school. Without proper nutrition, students can tire out and lose focus. Students should focus on their teacher, not on their rumbling bellies.
5. **Not Getting Help.** According to Dr. Whitehead, one of the biggest mistakes that students make is waiting too long to seek help. Often it takes a call from the teacher or a failing grade before students seek support. At that point it takes more effort to correct the problem than if a student had asked for help at the "I'm-not-really-understanding-this stage."

## University course is a thriller for Zombie fans

Call it Zombies 101: The University of Baltimore is offering a new class on the undead.

The course is being taught by Arnold Blumberg, the author of a book on zombie movies, Zombiemania, and the curator of Geppi's Entertainment Museum, which focuses on American pop culture, according to The Baltimore Sun newspaper.

Students taking English 333 will watch 16 classic zombie films and read zombie comics. As an alternative to a final research paper they may write scripts or draw storyboards for their ideal zombie flicks. The university isn't the first to have a class on the undead. Columbia College in Chicago has offered a course on Zombies in popular media for years.

THE ASSOCIATED PRESS

## Older teens giving up on school

A newly released study has found that one in five older Canadian teenagers were no longer pursuing a formal education in 2008.

The 20 per cent rate among teenagers aged 15 to 19 in Canada was higher than the average of 15 per cent across the 31 countries of the Organization for Economic Co-operation and Development (OECD).

Statistics Canada reports the OECD proportion was down from 20 per cent in 1998, but it remained stable at 20 per cent in Canada. THE CANADIAN PRESS

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4 sports

# Vikings defence ready for rematch

## But Minnesota must overcome depleted secondary in NFL opener

VIKINGS SAINTS

▶ **Time:** 8:30 p.m. Thursday

Even with only three healthy cornerbacks to throw at the Saints' wide-open, pass-first offence, the Minnesota Vikings defence thinks it's ready for the highly anticipated rematch tomorrow night.

Perhaps the proud veteran unit's performance in the NFC title game has something to do with that.

The Vikings held the Saints to 257 yards in the 31-28 overtime loss in New Orleans in January, by far the lowest output from the high-powered offence all season long. The Saints managed just 213 in the regular-season finale against Carolina, but Drew Brees did not play and a host of other regulars got just a few snaps in the game.

"They did a good job keeping the guy out of rhythm," coach Brad Childress said yesterday. "Anytime you're getting off the field on third downs ... They just got him out of kilter a little bit, whether it's knocking receivers out of kilter or rushing him and getting him moving around, it was one or the other for most of that second half."

The Vikings' vaunted defensive line, which led the league in sacks last year, only sacked Brees once in the game. But it forced him to throw sooner than he wanted and kept the shifty Saints receivers from turning short receptions into long gains.

"I thought they played very well against us in that NFC championship game," Brees said. "As we go back and look at that film, we feel we were all kind of disappointed in the way we played offensively. You have to give them a lot of credit, obviously, because they did some good things."

If the Vikings defenders are going to have similar success tomorrow night, they are going to have to overcome even greater odds than they did the first time around.

Veterans Antoine Winfield and Lito Sheppard and second-year pro Asher Allen are the only three healthy cornerbacks heading into the game against an offence that loves to run four, and sometimes even five, receivers on any given play.

Starting cornerback Cedric Griffin has practised some this week and says he is close to coming back from a torn knee ligament suffered in the NFC title game, but it would appear he is a long shot to play in Week 1.

THE ASSOCIATED PRESS

**31.9** The Saints had the No. 1 offence in the NFL last season, averaging 31.9 points per game.

CHRIS GRAYTHEN/GETTY IMAGES

▶ New Orleans Saints QB Drew Brees, centre, gives a pep talk to his teammates prior to playing against the Minnesota Vikings in the NFC championship game in January.

### Quoted

**"It's refreshing, man, to go from the situation I was in and come here ... I'm coming to play with guys that are similar to me emotionally, the way they play the game and how they love the game."**

FORMER SEATTLE RECEIVER T.J. HOUSHMANDZADEH ON SIGNING WITH THE BALTIMORE RAVENS. HE INKED A ONE-YEAR, $855,000 US CONTRACT YESTERDAY.

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# Wells' dingers sink Rangers

Vernon Wells seems intent on closing out the 2010 season the way he started it.

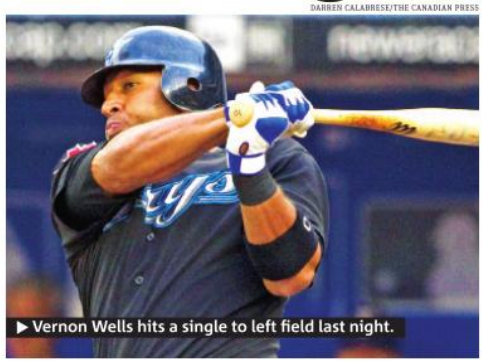
The all-star centre-fielder hammered a pair of solo shots — one of them a monster shot into a fourth-deck luxury box in left field — to extend his scorching start to September as both he and the Toronto Blue Jays continued to dominate the Texas Rangers in an 8-5 victory last night.

Wells has now gone deep in three straight games and has four homers and eight RBIs in six outings this month, and after a 3-for-3 effort, he is 13-for-29 with eight homers and 16 RBIs against the AL West leaders. He opened the season with a tremendous April but his numbers tapered afterwards.

John Buck, with a solo shot in the second, and Adam Lind, with a two-run drive in the seventh, also homered for the Blue Jays, who are now 7-1 against the Rangers this season.

THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS



▶ Vernon Wells hits a single to left field last night.

# Venus one step closer to final

## Switzerland's Wawrinka knocks out American Querrey in five sets

Venus Williams arrived at this U.S. Open with a bum knee. She hadn't played a match in more than two months. She hadn't reached the semifinals at any Grand Slam tournament in more than a year. And now? Williams is two victories away from her first U.S. Open title since 2001.

The No. 3-seeded Williams overcame nine double-faults and a total of 33 unforced errors to beat reigning French Open champion Francesca Schiavone 7-6 (5), 6-4 in the quarterfinals last night.

"I want to be in the final, because then obviously it's just one more step," the 30-year-old Williams said. "But I'm just focused on the semis, and I don't get too excited unless the tournament is over."

Next up for Williams is a semifinal against defending champion Kim Clijsters who beat Sam Stosur 6-4, 5-7, 6-3.

Williams is the only American singles player left in the tournament, because the last of the country's 15 men in the field, 20th-seeded Sam Querrey, lost 7-6 (9), 6-7 (5), 7-5, 4-6, 6-4 to No. 25 Stanislas Wawrinka of Switzerland earlier yesterday.

"I definitely wanted to ... keep the hope going," said Querrey, who was broken in the match's last game. "You know, I was close."

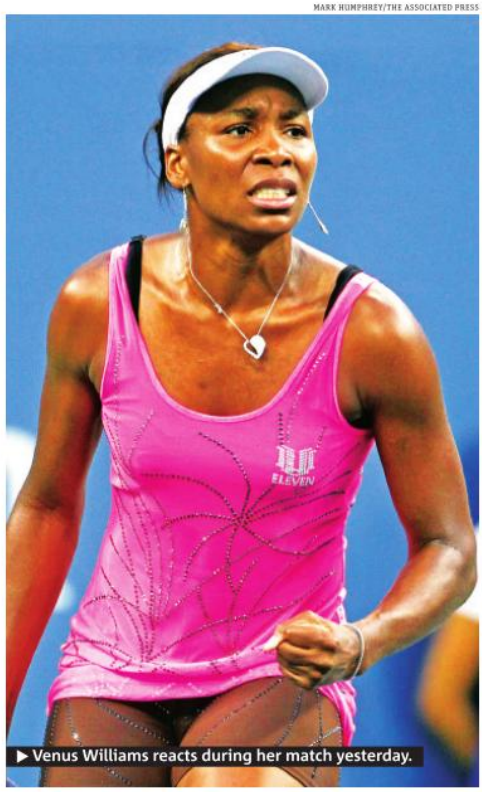
It's the second consecutive year that zero U.S. men reached the U.S. Open quarter-finals, something that hadn't ever happened before 2009.

THE ASSOCIATED PRESS

**41**

**Seed position of Tommy Robredo, the lowest-ranked man left in the draw, before he lost to 12th-seeded Mikhail Youzhny yesterday.**

MARK HUMPHREY/THE ASSOCIATED PRESS



▶ Venus Williams reacts during her match yesterday.

# Titans eyeing Haynesworth?

The Washington Redskins and Tennessee Titans are in discussions about a trade of disgruntled defensive tackle Albert Haynesworth, people with knowledge of the negotiations told The Associated Press.

The people spoke to the AP yesterday on condition of anonymity because the talks are confidential.

Washington signed Haynesworth to a $100-million US contract in 2009 as a free agent, and the tackle accepted a $21-million bonus in April.

THE ASSOCIATED PRESS

## Sports in brief

### McNabb plans to play opener

**NFL.** Donovan McNabb said yesterday his sprained ankle isn't 100 per cent, but it won't keep him from starting the Washington Redskins' opener Sunday against the Dallas Cowboys.

THE ASSOCIATED PRESS

### Canada bests Honduras

**SOCCER.** Josh Simpson and Kevin McKenna scored in the first half as Canada ended an eight-game winless run with a rain-interrupted 2-1 victory over Honduras in a friendly match last night in Montreal. The victory was Canada's first since last summer.

THE CANADIAN PRESS

## Scoreboard

### BASEBALL

**AL EAST**

| | W | L | Pct | GB |
|---|---|---|---|---|
| NEW YORK | 86 | 53 | .619 | - |
| TAMPA BAY | 84 | 54 | .609 | 1.5 |
| BOSTON | 77 | 62 | .554 | 9 |
| TORONTO | 72 | 66 | .522 | 13.5 |
| BALTIMORE | 53 | 86 | .381 | 33 |

**AL CENTRAL**

| | W | L | Pct | GB |
|---|---|---|---|---|
| MINNESOTA | 81 | 57 | .587 | - |
| CHICAGO | 77 | 61 | .558 | 4 |
| DETROIT | 69 | 70 | .496 | 12.5 |
| KANSAS CITY | 57 | 80 | .416 | 23.5 |
| CLEVELAND | 56 | 82 | .406 | 25 |

**AL WEST**

| | W | L | Pct | GB |
|---|---|---|---|---|
| TEXAS | 75 | 63 | .543 | - |
| OAKLAND | 68 | 69 | .496 | 6.5 |
| LOS ANGELES | 66 | 72 | .478 | 9 |
| SEATTLE | 54 | 84 | .391 | 21 |

**Yesterday's AL results**

Toronto 8 Texas 5
Baltimore 6 N.Y. Yankees 2
Detroit 9 Chicago White Sox 1
Tampa Bay 14 Boston 5
Kansas City at Minnesota
Cleveland at L.A. Angels
Seattle at Oakland

**Today's AL games**

Baltimore at N.Y. Yankees
Chicago White Sox at Detroit
Cleveland at L.A. Angels
Texas at Toronto
Tampa Bay at Boston
Kansas City at Minnesota
Seattle at Oakland

**NL EAST**

| | W | L | Pct | GB |
|---|---|---|---|---|
| PHILADELPHIA | 80 | 60 | .571 | - |
| ATLANTA | 79 | 60 | .568 | .5 |
| FLORIDA | 70 | 68 | .507 | 9 |
| NEW YORK | 68 | 71 | .489 | 11.5 |
| WASHINGTON | 60 | 79 | .432 | 19.5 |

**NL CENTRAL**

| | W | L | Pct | GB |
|---|---|---|---|---|
| CINCINNATI | 79 | 58 | .577 | - |
| ST. LOUIS | 72 | 63 | .533 | 6 |
| HOUSTON | 64 | 73 | .467 | 15 |
| MILWAUKEE | 63 | 74 | .460 | 16 |
| CHICAGO | 60 | 78 | .435 | 19.5 |
| PITTSBURGH | 47 | 91 | .341 | 32.5 |

**NL WEST**

| | W | L | Pct | GB |
|---|---|---|---|---|
| SAN DIEGO | 77 | 59 | .566 | - |
| SAN FRANCISCO | 77 | 61 | .558 | 1 |
| COLORADO | 73 | 64 | .533 | 4.5 |
| LOS ANGELES | 69 | 69 | .500 | 9 |
| ARIZONA | 56 | 82 | .406 | 22 |

**Yesterday's NL results**

N.Y. Mets 4 Washington 1
Philadelphia 8 Florida 7
Pittsburgh 5 Atlanta 0
Houston at Chicago Cubs
St. Louis at Milwaukee
Cincinnati at Colorado
San Francisco at Arizona
L.A. Dodgers at San Diego

**Today's NL games**

N.Y. Mets at Washington, 12:35 p.m.
Atlanta at Pittsburgh, 7:05 p.m.
Florida at Philadelphia, 7:05 p.m.
Houston at Chicago Cubs, 8:05 p.m.
St. Louis at Milwaukee, 8:10 p.m.
Cincinnati at Colorado, 8:40 p.m.
San Francisco at Arizona, 9:40 p.m.
L.A. Dodgers at San Diego, 10:05 p.m.

### CFL

**EAST DIVISION**

| | GP | W | L | T | PF | PA | Pt |
|---|---|---|---|---|---|---|---|
| MONTREAL | 9 | 6 | 3 | 0 | 286 | 231 | 12 |
| HAMILTON | 9 | 5 | 4 | 0 | 229 | 228 | 10 |
| TORONTO | 9 | 5 | 4 | 0 | 204 | 243 | 10 |
| WINNIPEG | 9 | 2 | 7 | 0 | 247 | 271 | 4 |

**WEST DIVISION**

| | GP | W | L | T | PF | PA | Pt |
|---|---|---|---|---|---|---|---|
| CALGARY | 9 | 8 | 1 | 0 | 323 | 182 | 16 |
| SASK. | 9 | 6 | 3 | 0 | 276 | 236 | 12 |
| EDMONTON | 9 | 2 | 7 | 0 | 167 | 305 | 4 |
| B.C. | 9 | 2 | 7 | 0 | 208 | 244 | 4 |

**Friday's game**

Calgary at Edmonton, 9 p.m.

**Saturday's games**

Montreal at Hamilton, 1 p.m.
Toronto at B.C., 4 p.m.

**Sunday's game**

Saskatchewan at Winnipeg, 1 p.m.

### THIS DAY IN SPORTS

**Sept. 8**

1998 - Mark McGwire breaks Roger Maris' 37-year-old home run record, lining historic No. 62 just over the wall in left field with two outs in the fourth inning. McGwire's shot off the Chicago Cubs' Steve Trachsel sets off a wild celebration in Busch Stadium.

2001 - Venus Williams wins her second consecutive U.S. Open title by beating her sister, Serena, 6-2, 6-4 in the first prime-time women's Grand Slam final. The match is the 10th between sisters in a Grand Slam match during the Open era, with the older sister winning every time.

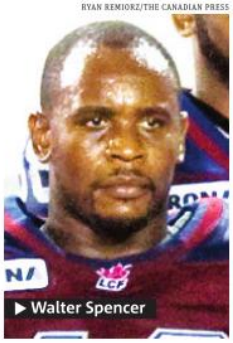
# Als' Spencer improving after stabbing incident

The Montreal Alouettes were relieved that linebacker Walter Spencer is recovering from a stabbing incident.

Team executive Claude Rochon announced yesterday that Spencer's condition has improved significantly and he is in stable condition, but he will need to stay in hospital a few more days. He said the player's fiancée as well as family members from his hometown of Detroit were with him as he was treated in intensive care at the trauma centre of Montreal General Hospital.

The 31-year-old was stabbed twice in the chest during an argument outside a bar at 2:50 a.m. ET Monday. He needed emergency surgery for the wounds, one of which a CFL source said was to a lung. Police are investigating the incident. Rochon said he was unaware if any other players were at the scene or would be interviewed by police.

RYAN REMIORZ/THE CANADIAN PRESS



▶ Walter Spencer

"I'm real sad for Walter," said coach Marc Trestman. "At the end of the day I'm grateful that he's going to be OK and that he's safe. I want everyone to know that he's been nothing but a great teammate for these guys."

Trestman could not say how long he expects Spencer to be out of action or whether his career is in danger.

"I wouldn't begin to speculate," he said. "He had a very serious surgery. The most important thing is he's going to be OK. He's still not out of trouble, but he is stable and that's a good sign.

"We'll see how he is in the next few weeks, but common sense would tell me that it will be quite some time before he's ready to play football again."

The team gave no details of the incident, which reportedly occurred outside the Koi nightclub on St-Laurent Boulevard.

Spencer did not violate any team rules by being out late the night before team meetings.

Trestman said he knows of no other similar off-field incidents in his two-plus years as head coach of the team and considers this an "anomaly," but added players must make smart choices.

"We're not going to let one incident brand us as a football team," he said.

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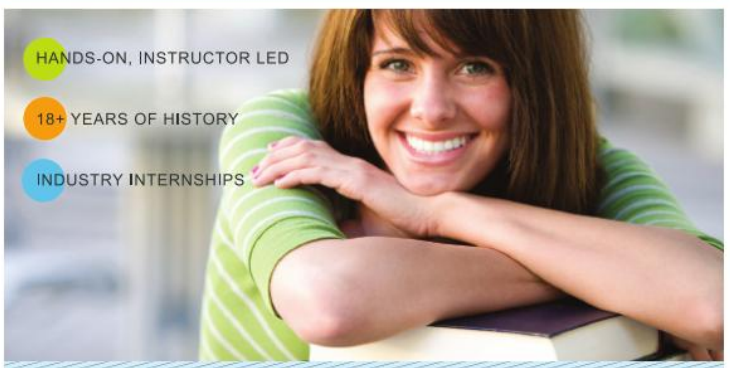


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MICHAEL DWYER/THE ASSOCIATED PRESS

▶ Tiger Woods acknowledges the crowd Monday after making par on the 17th hole in the final round of the Deutsche Bank Championship.

# Woods named to Ryder team along with surprise pick

## Rickie Fowler also chosen by captain 21-year-old makes history as first PGA Tour rookie on U.S. squad

Tiger Woods was a no-brainer as a captain's pick for the Ryder Cup.

Rickie Fowler?

That required a little more than deep thought.

"It just came down to feelings," captain Corey Pavin said. "I had a gut feeling about Rickie."

Fowler, the 21-year-old mop top who only turned pro 11 months ago, made history yesterday as the first PGA Tour rookie on the American team and the first captain's pick to have never won on tour.

He was the only big mystery when Pavin announced his four picks at the New York Stock Exchange. Pavin also chose a pair of major champions, Stewart Cink and Zach Johnson, both of whom have played the Ryder Cup on the road.

**6**

**This will be the sixth Ryder Cup team for Woods, but the first in which he needed to be picked. Woods had finished first in the standings every time.**

The matches will be held Oct. 1-3 at Celtic Manor in Wales.

Fowler will be the youngest American to play in the Ryder Cup since Woods in 1997, but only the second-youngest player at Celtic Manor. Rory McIlroy, the 21-year-old from Northern Ireland, earned his way onto the European team.

"I can bring a little bit of colour to the team, I can bring some youth to the team and, hopefully, get the guys pumped up a little bit," Fowler said.

THE ASSOCIATED PRESS

U.S. COLLEGE FOOTBALL

## Bush to lose his Heisman?

Yahoo! Sports reported yesterday that 2005 Heisman Trophy winner Reggie Bush is expected to be stripped of the award by the end of the month

The former Southern Cal running back would become the first player in the 75-year history of the award to have the Heisman Trophy taken away. The report also said the award would be left vacant for 2005.

The NCAA found major violations in USC's football program and levied serious sanctions against the school in June.

"I can tell you the Heisman Trophy trust has made no decision regarding the Reggie Bush situation," Robert Whalen, executive director of the Heisman Trophy Trust, told The Associated Press yesterday.

The website cited two anonymous sources close to the Heisman Trophy Trust.

THE ASSOCIATED PRESS

## NHL a little closer to Quebec City?

The return of the National Hockey League to Quebec City is a little closer — perhaps 45 per cent closer — to becoming a reality.

That's the share of the price tag the Quebec government says it's willing to put up for a new arena.

It now hopes Ottawa will match that contribution.

Premier Jean Charest made the announcement yesterday.

THE CANADIAN PRESS

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2010 Dodge Grand Caravan SXT shown.‡

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**Examples:** 2010 Dodge Grand Caravan Canada Value Package (241) 2010 Dodge Journey SE (225) with a Purchase Price of $19,999 $19,999 financed at 5.99%/4.99% APR over 60/60 months with payments amortized over 79/78 months equals bi-weekly payments of $146/$138 and one final payment of $4,845.95/5,273 for a cost of borrowing of $3,871/$3,259 and a total obligation of $23,870.01/$23,258.37. Taxes, licence, insurance, registration, excess mileage and wear and tear charges, any dealer administration fees and other applicable fees and charges not included. Retailers may sell for less. See participating retailers for complete details. $20,010 Dodge Grand Caravan SXT 2010 Dodge Journey R/T AWD shown/leves higher price than the 2010 Dodge Grand Caravan Canada Value Package 2010 Dodge Journey SE Canada Value Package advertised. See your retailer or go to www.dodge.ca for complete details. ‡Based on January through June, 2010 R.L. P+A sales total registrations.

JIL MCINTOSH/FOR METRO CANADA

▶ The 2011 Ford Escape Hybrid.

# Escape to a greener driving experience

**Hybrid version of Ford's bestselling compact SUV is handsome, practical and fun to drive ◐ Gasoline-electric system one of the best**

**JIL MCINTOSH**
DRIVE@METRONEWS.CA

As fuel prices climb, many people are looking at hybrid-electric vehicles. One of my favourites is Ford's compact SUV, the Escape Hybrid.

Save for its badges and instrument cluster, it doesn't look much different from its conventional Escape siblings. It's what's inside that sets it apart. It uses a 2.5-litre four-cylinder gasoline, along with an electric motor and storage battery. You don't plug it in. Rather, Escape charges its battery while you're driving. Under the right conditions, such as low speeds or when full power isn't needed, it can run on electricity alone.

Available in both front- or all-wheel-drive, the Escape Hybrid starts at $34,899, while my top-of-the-line Limited AWD started at $42,299. That's $2,750 more than a Limited AWD with 3.0-litre V6 gasoline engine, which is one of the drawbacks of hybrids: they cost more, and you'll have to do the math to figure out if you're going to save enough in gasoline to make up the difference.

Escape's hybrid system works really well: it's pretty much seamless between gas and electric, its continuously variable (CVT) automatic transmission has none of the "rubber band" feeling these units can sometimes have, and the 7.5 L/100 km that I averaged in everyday driving was much better than the 11.2 L/100 km that I got in a regular V6 Escape.

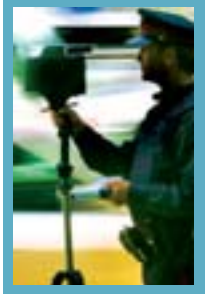
## The specs

**2011 Ford Escape Hybrid**

- **VEHICLE TYPE** Compact SUV Hybrid
- **PRICE** $34,899 - $42,299, as-tested $45,049
- **ENGINE** 2.5-litre four-cylinder with hybrid system
- **FUEL ECONOMY** City 6.6, hwy 7.3, as-tested 7.5
- **WHAT'S BEST** Hybrid system works well, comfortable interior

5 drive

## In brief



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**BMW 7 series and Mercedes S-Class faces stiff competition from Audi's flagship model ◗ Premium music system, on-seat massage part of package**

▶ The 2011 Audi A8 L takes performance, technology and luxury to a new level for premium sedans.

# Learning to fly with new Audi A8

## DREAM CAR

JIM ROBINSON
DRIVE@METRONEWS.CA

Presence, power and poise is how Audi describes its flagship, the 2011 A8 L.

The L stands for long wheelbase. At 5.2 metres in total length, with no less than 130 mm in rear seat legroom alone, it literally fills the bill.

The backseat is more like a throne room with expanses of wood trim and buttery leathers, even a carpeted footrest that pops out for the feet of the tired captains of industry or princes of commerce who will ride there. This is matched by heated rear seats, power sunroof, deluxe four-zone climate control and electric rear and side window blinds. One of the very special extras are tables for laptops that are stowed in the front seat backs ready for use as a work surface or for a light lunch en route.

For those wishing a little light entertainment, there are 10.2-inch LCD monitors built into the front seat backs as well.

If the body is a little tired, there is a massage function built in to the rear seats. These seats also recline should one wish to have a nap.

But all is not reserved for those fortunate to ride in the rear. The front heated and cooled seats have no less than 22-way adjustability with four-way pneumatic lumbar support that is also memory capable.

Sound is literally out of this world with a 1,400-watt, 19-speaker Bang & Olufsen super audio system.

### The specs

**2011 AUDI A8 L**

- **VEHICLE TYPE** Premium luxury sedan
- **ENGINE** 4.2-litre DOHC V8 (372 hp, 328 lb/ft); W12, (500 hp, 442 lb/ft)
- **PRICE** from $100,000 (estimated)

For Canada, the prime model will be equipped with a 4.2-litre V8 with direct fuel injection producing 372 hp and 328 lb/ft of torque. It accelerates from 0-100 km/h in just 5.8 seconds with a fuel consumption rating of 9.7L/100 km.

Press the throttle at any speed and acceleration is near instant. But it doesn't blast forward muscle car style with lots of noise. It's more like a Boeing 777 with a sensation of being slowly and inexorably pressed into the seat as eight gears change up seamlessly.

Get ready because A8 L is poised to crack the domain of the BMW 7 Series and the S-Class Mercedes with presence, power and poise.

**Auto Pilot**

M GOETZ
DRIVE@METRONEWS.CA

# A TALE OF TORQUE AND HORSEPOWER

**To describe the level of output in any given engine, we need to use two different measurement units: Horsepower, and torque. This duality has, in my opinion, created a monster.**

Torque is grunt — what you use to twist the lid open on a bottle of pickles. The actual dictionary definition is "twisting or rotating force." In automotive terms it's the "force" that ultimately turns the vehicle's drive wheels. The strength of that "force" is expressed in a torque rating.

As an example, let's look at the most popular car in Canada, the Honda Civic; its 1.8-litre engine produces 128 lb-ft of torque at 4,300 rpm. This denotes the maximum amount of torque that the engine can create, and fast that engine is revving, when it makes its maximum torque.

But it also produces 140 horsepower (hp) at 6,300 rpm. This is where the fun starts.

Horsepower is a "rate" — how much torque can be delivered over a period of time. For some reason, the amount of torque used for horsepower calculation has been set at 550 lb-ft per second.

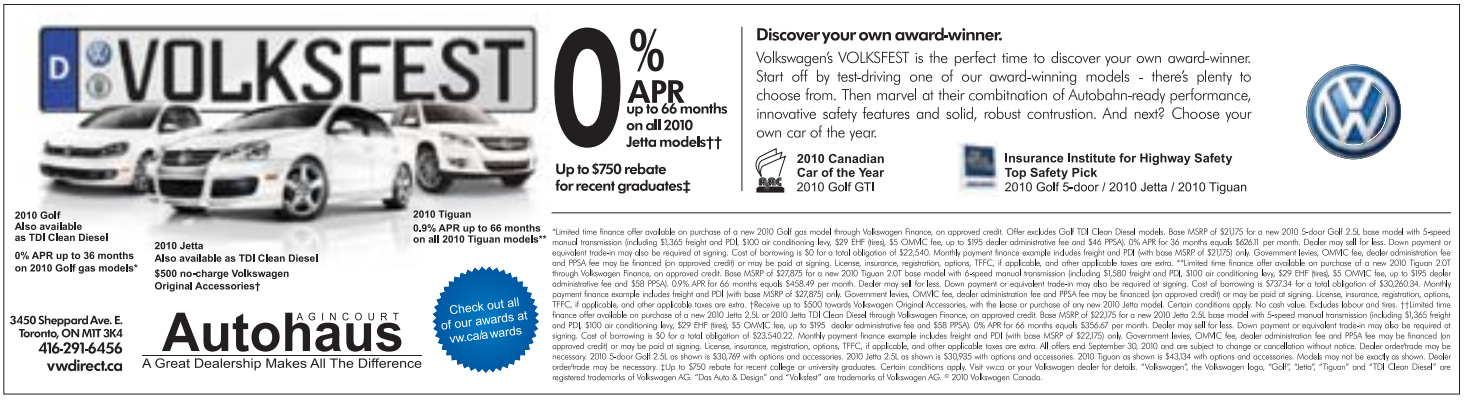
So an engine's horsepower rating is tied to its torque rating.

But that doesn't necessarily mean you want an engine designed solely for maximum torque. Generally, to make an engine with a lot of torque (or force) means the engine will turn over (or rev) slowly.

Think of the big, diesel engines in large ships — a lot of force is needed to turn their propellers. Engines like that huge torque numbers, and surprisingly low horsepower figures.

An engine that gives us big — but infrequent — power events is basically useless in a road-going vehicle. Better to have somewhat less torque, but have it delivered more frequently.

Unless you're obsessed with top speed (horsepower-focused), or need to plough a field with a tractor (torque-focused), it then becomes an exercise in finding a compromise.



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# Battle of the lightbulbs

## What are the differences between xenon and halogen? Mercedes expert shines a little light

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

Xenon lights look fantastic and offer improved visibility, but they typically involve additional cost. Traditional halogen bulbs are cheap and reliable, but they leave room for improvement in lighting quality.

To help shed some light on the real-world benefits of xenon lighting, and what the future of vehicular illumination might have in store, Metro had an enlightening conversation with Mercedes-Benz's David Sherrard about the differences in two types of automotive lighting.

**Why do some vehicles have xenon lighting as an option? Is something wrong with regular halogen?**

'Bi-Xenon' headlamps, which refer to xenon lamps that function in both the low and high-beam positions, are more costly to produce than halogen headlamps. Regular halogen headlamps work very well — but they don't provide the same quality of illumination offered by bi-xenon headlamps.

### LEDing the future

- LED Lights aren't mainstream-- but several models on today's market offer the next-generation lighting system, which offers low power consumption, beautiful light transmission, virtually limitless life and a compact design.

▶ Does the price difference justify the advantages of xenon headlamps over halogen?

**Most test-drives in the shopping process aren't carried out at night. What differences shoppers can expect if they opt for xenon lighting?**

Key benefits include outstanding brightness, longer service life, significantly improved lighting range in high-beam mode, and clearer and broader illumination of the edges of the road in low-beam mode.

**Are those fancy xenon bulbs more expensive to replace?**

A typical halogen bulb is approximately $14 to replace, while a bi-xenon bulb can range from $160 to $213, depending on the vehicle.

Remember — the bi-xenon bulbs generally offer a longer service life and deliver a great deal of additional functionality, so they are more costly to produce.

**Can I just put a set of those fancy aftermarket halogen bulbs from my local speed shop in my car for the same effect?**

No. An authentic, bi-xenon bulb will always deliver superior performance to a halogen unit designed to replicate xenon light.

#Limited time lease offers based on new 2010 Honda models. Lease example based on new 2010 Civic DX-A Sedan MT, model FA1E2AE4X available through Honda Financial Services on approved credit. £2.4% lease APR for 48 months. Monthly payment (includes freight and PDI, environmental fees and OMVIC fee) is $256.48. Down payment or equivalent trade of $0, first monthly payment and $0 security deposit due at lease inception. Total lease obligation is $14,046.48. Taxes, license, insurance and lien registration (if applicable) are extra. 96,000 kilometre allowance; charge of $0.12/km for excess kilometres. Centre Honda order / trade may be necessary. †$2,500.00 price reduction available on new 2010 Civic DX-A AT, model FA1F2AE4X. Cash incentives available only to cash customers on select new 2010 Civic models. Cash incentives will be deducted from the negotiated price before taxes and cannot be combined with special lease and finance offers. Net MSRP of $17,499 includes dealer contribution. #£†Offers valid until September 30th, 2010 and are subject to change without notice. Offers valid only for Ontario residents at Centre Honda locations. Visit www.hondaontario.com or see Centre Honda for full details.

# ACTOR ALTMAN A FAN OF SPACIOUS TRIBUTE

**Why the Tribute?**
It's really practical as far as being able to carry lots of things in it because it has lots of space and it's got gorgeous leather seats. It's really sexy (laughs).

**What's your favourite feature?**
I love all the features. I love the sunroof, the fact that everything's electric and automatic. Even all the seats flip into each other. So you can have a ton of storage in the back just by flipping all the seats down. It's really practical for me because I have an interior design firm (Allen Altman Design) as well and I need to transport furniture and fabrics around when I'm not doing a film.

**How is it on gas?**
It has incredible gas mileage for an SUV. I do mostly city driving, but I do road trips to Montreal to see my mom, go up to farm country and Muskoka too. I'm just conscious of getting a vehicle that's not too bad on the environment.

**What type of driver are you?**
I'm a multi-tasking driver. I'm somewhere between aggressive and cautious.

**If money was no object, what car would you love to have?**
It's never really been about the image of the car for me. It's always been about the practicality and functionality for me. But I think I might have the brand new Lexus.

**Meet the driver**

**WHO HE IS** Veteran Montreal-born actor Allen Altman will be walking the red carpet twice at the 35th Toronto International Film Festival, which opens tomorrow and runs until Sept. 19. Altman stars in two films — the feature Incendies and the short Above the Knee — premiering at TIFF and he can also been seen this fall in a recurring role on HBO's Living in Your Car.

**WHAT HE DRIVES** A black 2007 Mazda Tribute Sport that I bought last year. The interior is a tan-coloured leather. I really am enjoying my car so much right now. I'm thrilled with it. Prior, I was a Volvo guy. I drove Volvos for about 15 years.

▶ The 2011 Subaru WRX STI.

# Double whammy from Subaru

Subaru Canada, Inc. has announced, that for the 2011 model year, the WRX STI is being offered in two body styles: five-door and four-door.

In addition to the new styling, the 2011 WRX STI features significantly revised suspension tuning and lighter 18-inch wheels for even sharper handling.

The WRX STI has been a recipient of continuous improvement since its introduction. Detailed chassis development, including testing on Germany's famed Nurburgring racetrack, has resulted in the best-handling Impreza WRX STI models Subaru has ever offered.

The 2011 WRX STI continues as the ultimate-performance Subaru with its high-boost 305 hp turbocharged/intercooled Subaru Boxer engine teamed with a six-speed manual transmission and the exclusive Multi-Mode Driver Controlled Centre Differential (DCCD) version of Subaru's Symmetrical Full-time All-Wheel Drive system.

The model is equipped with advanced dynamic control systems, including Subaru Intelligent Drive (SI-DRIVE) and a Multi-Mode Vehicle Dynamics Control (VDC) system, which features a track performance-optimized mode.

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†0% APR Purchase Financing is available on all new 2010 Mazda vehicles. Based on a representative agreement using an offered pricing of $17,390/$18,390/$39,690/$21,990/$24,890/$29,690 for the new 2010 Mazda3 GX (D4XS50AA00)/2010 Mazda3 Sport GX (D5XS50AA00)/2010 Mazda CX-9 GS (QVSB80AA00)/2010 Mazda5 GS (E6SD50AA00)/2010 Mazda6 GS-I4 (G4SY60AA00)/2010 Mazda CX-7 GX (PVXY80AA00) with a financed amount of $15,000/$15,000/$35,000/$20,000/$20,000/$25,000, the cost of borrowing for a 60/60/60/72/72/60-month term is $0, monthly payment is $250.00/$250.00/$583.33/$277.77/$277.77/$416.67, total finance obligation is $15,000/$15,000/$35,000/$20,000/$20,000/$25,000. All offers include freight/P.D.E. and fees. Offers exclude HST. *Visa Gift Card offer is valid on retail purchases of new 2010 models purchased between September 1 and September 30, 2010. Customer can choose to receive a $750/$1,250/$1,000/$1,000/$1,000/$1,000 Mazda Visa Prepaid Card for the 2010 Mazda5/Mazda6/CX-7/CX-9/MX-5/RX-8/MAZDASPEED3 (to be mailed to customer in November 2010) or an immediate $750/$1,250/$1,000/$1,000/$1,000/$1,000 credit to be applied against their vehicle purchase price See your dealer for program details. Offer does not apply to the 2010 Mazda3 Sedan/Sport, Tribute and B-Series Truck. ▲Based on 2010 fuel consumption ratings published by Natural Resources Canada. ♦2010 Mazda CX-9/Mazda6/Mazda CX-7 models tested with standard side-impact air bags (SABs). U.S. Government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). Offers available from September 1,2010 until September 30,2010. HST, License, Insurance, PPSA excluded. Lease & finance on approved credit for Qualified customers only. Dealer may sell for less. Dealer order maybe necessary. Visit Yorkdale Dufferin Mazda for details.

# Smart screens are here

▶ TFT screens could soon replace your traditional analogue dials

**Display screens in cars are getting bigger and better They are being used in less expensive models**

**EMMA E. FORREST**
TRAVEL@METRONEWS.CA
METRO WORLD NEWS IN LONDON

We're more used to seeing small, brightly-coloured screens in our laptops and cell phones, but now they're coming to our cars too.

At the moment, you're more likely to find the multi-coloured multimedia screens in the central dashboards of premium cars including Audis, BMWs and Mercedes.

These TFT — Thin Film Transistor — screens that show navigation, infotainment, driver-information systems and rear-view-camera displays were once the preserve of premium cars, but they're now becoming more democratic.

As people buy more smaller and more fuel-efficient vehicles, expect to see more of these multi-purpose screens in the dashboards of the Opel Corsas and Ford Fiestas of this world.

Most amazingly of all they are now migrating from the middle of the dashboard to a position in front of the driver, where the instrument cluster that includes speed, tachometer and fuel levels is.

A great example is in the Jaguar XJ where a 30cm, high-definition TFT screen replaces the traditional physical dials with a virtual display. The screen can show speed, revs, and fuel levels, temperature and so on, but is also a display area for the car's multimedia and infotainment systems, driver assistance systems and navigation map. It can even change look and colours according to what mode you're driving in, highlighted with dynamic red when you're in sport mode, for example. This reconfigurability means different information can be displayed at different times, something no analogue display can do.

And in the future? High-resolution colour TFT displays may yet take over the entire instrument cluster and dashboard and become the headline act for all the car's information systems. Large reconfigurable display screens will offer more room and more flexible functionality. The recent Mercedes-Benz SLS AMG E-Cell concept may yet be an accurate indicator of the way this technology will grow.

As the screens get cheaper to produce, they are set to get even larger. In the E-Cell concept almost the entire centre stack was a 25cm touchscreen such that the usual array of HVAC and audio switchgear was consigned to history.

There few challenges to how many ways the screen can be used is safety — obviously it's not a good idea to drive with loads of different pieces of information flashing up on your display.

The other is drivers' behaviour; according to reports most drivers feel more comfortable with old-fashioned 'real' dials and buttons rather than virtual ones. Maybe we're not as comfortable with the future as we think we are.

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# Jag creates dream XJ to mark 75th anniversary

As part of the year long celebration of Jaguar's 75th anniversary the Jaguar design team created the XJ75 Platinum Concept, a one-of-a-kind design project that was on display at the Pebble Beach Concours D'Elegance Concept Car Lawn recently.

The XJ75 Platinum Concept is the company's first demonstration of the design customization potential of the striking new XJ luxury salon, emphasizing the Jaguar's dramatic interior and exterior styling themes.

Dominated by a striking white and black contrast theme that suggests precious platinum metal, the XJ75 Platinum Concept is a high-performance 470hp 2011 Jaguar XJL Supercharged equipped with new ground-hugging front, rear and side sills.

Painted satin matte pearlescent white, exterior chrome elements have been revised to either a dark chrome or gloss black.

Bespoke 22-inch wheels are black and use a brushed contrast finish. The contrast theme continues with gloss pearlescent white air vents, veneers and diamond stitch suede inserts to the seats and headliner, all set against the backdrop of a full Jet Soft grain leather interior.

Suede and leather accents are seen throughout the interior to further material enhancements.

Performance on the XJ75 Platinum Concept is derived from its 5.0-litre supercharged direct-injection V8 with 470 hp and 424 lb/ft of torque.

Entertainment is provided by a 1,200-watt Bowers & Wilkins surround sound system with 20 speakers powered through 15 channels and state-of-the-art sound processing technology.

**FROM CARGUIDE**

# Cross over to Murano

**Nissan model popular among shopper with an eye for style**
**Known issues related to accessories**

## SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

When the Nissan Murano hit the road late in 2002, it offered distinctive styling in what would quickly grow to become a crowded marketplace full of similar crossover SUV models. Designed in California and riding the same platform as the Nissan Altima, Murano quickly became popular with shoppers with an eye for style.

All models got a 3.5 litre, 240-horsepower V6 engine and an available intelligent All Wheel Drive (AWD) system. A Continually Variable Transmission (CVT) was standard, and allowed the engine to operate more economically while enhancing smoothness and efficiency. This type of transmission has no gears to shift, and may feel 'funny' to some drivers until they get used to it.

Look for features like automatic climate control, a sunroof, heated power seats, Bose audio, a keyless ignition system, tinted windows and more. Navigation and a backup camera were available, too.

A full selection of safety gear was also on board, including four-wheel antilock disc brakes and both side and side-curtain airbags.

▶ The Nissan Murano was among the models that started the crossover SUV trend.

### The specs

- **MODEL** 2003 to 2007 Nissan Murano
- **VEHICLE TYPE** Crossover SUV
- **APPROXIMATE USED PRICE RANGE** $9,500 to $25,000

### What Owners Like

Styling, space, flexibility and on-board storage were rated most highly by owners of the Murano, followed by driving dynamics and ride quality.

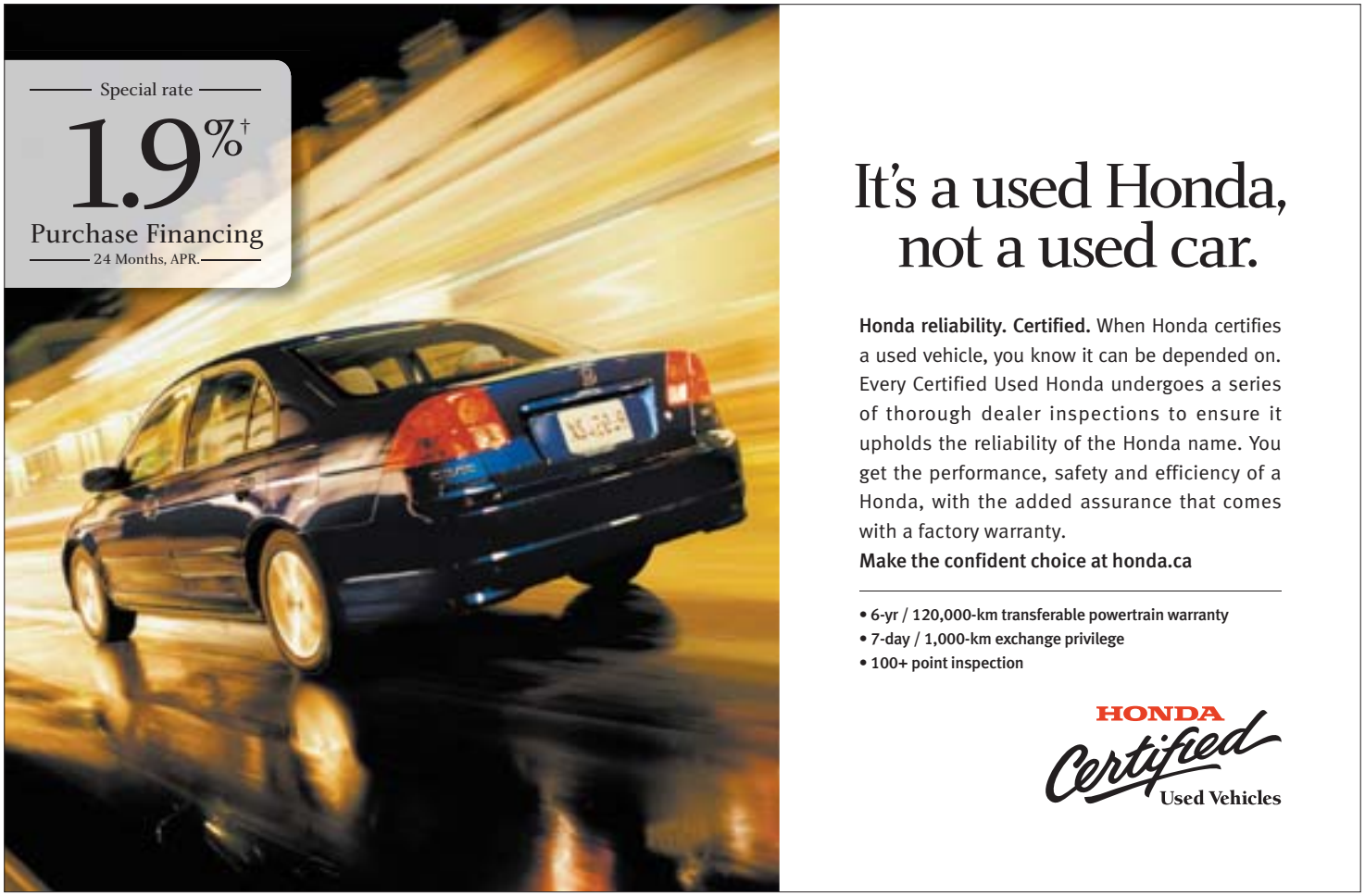
### What Owners Hate

As it tends to go with crossover and SUV models, the most common owner-stated complaint deals with fuel mileage. Some owners wish for better fit and finish and a smoother ride on rough surfaces, too.

## Common issues

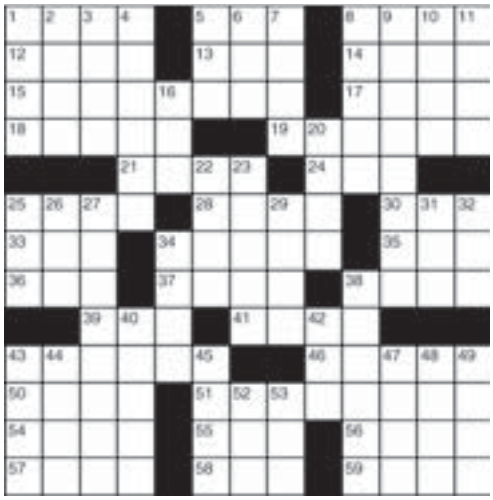
Most of Murano's age-related issues seem to centre around smaller problems related to interior and exterior accessories.

Broken window motors, door handles and power seat motors have all been reported, so be sure to start your test-drive by thoroughly inspecting every electric and mechanical part of the vehicle's cabin.



†Limited time financing offer on all Honda Certifed Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda Civic, Accord and CR-V (2005–2009 model years). Finance example based on 2005 Honda Civic model: $10,000 at 1.9% per annum equals $424.96 per month for 24 months. Cost of borrowing is $199.04 for a total obligation of $10,199.04. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires September 30, 2010.

## Crossword



**Across**
1 Hairless
5 Heidi's height
8 Bar room?
12 Pennsylvania port
13 Meadow
14 Colloquial greeting
15 Genius
17 Mid-month date
18 French composer Erik
19 Half a winter pair
21 Charlie Brown's expletive
24 Wire measure
25 Genealogy chart
28 Paper quantity
30 Peculiar
33 — generis
34 "Old MacDonald's Farm" refrain
35 Neither mate
36 Dowel
37 Jack of "Hawaii Five-0"
38 Wan
39 Owns
41 The Red and the Black
43 Missive
46 County of Ireland
50 Medley
51 Giving only two options
54 Artesian well?
55 "Hail!"
56 Ids' counterparts
57 Relaxation
58 Color
59 Jab

**Down**
1 Honey bunch
2 Carreras solo
3 Dryer buildup
4 Want
5 Hearty quaff
6 Maui memento
7 Brief pain spasm
8 Tex-Mex entree
9 Phantoms
10 Corrosive alkalis
11 Whip
16 Afternoon affair
20 Bullets, e.g.
22 Small combo
23 Prognosticators
25 Recipe meas.
26 Regret
27 The Reagan Era, pretty much
29 Staffer
31 Homer's interjection
32 Parched
34 Other-wise
38 Dormant
40 Expiate
42 Essen expletive
43 Earring locale
44 Director Kazan
45 Peruse
47 Jason's ship
48 Castle
49 Gaelic
52 Wall climber
53 Ball-bearing item

▶ Yesterday's answer

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 9 | 6 | | 7 | 2 | | |
| | 6 | | 9 | | 1 | | 4 | |
| 4 | | | | | | | | 5 |
| | | 8 | 4 | 7 | 3 | 5 | | |
| | | | | | | | | |
| | | 7 | 2 | 1 | 6 | 4 | | |
| 9 | | | | | | | | 8 |
| | 4 | | 7 | | 8 | | 5 | |
| | | 2 | 3 | | 5 | 9 | | |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 3 | 1 | 9 | 6 | 2 | 4 | 7 | 8 |
| 7 | 6 | 8 | 1 | 5 | 4 | 9 | 2 | 3 |
| 4 | 2 | 9 | 3 | 8 | 7 | 1 | 5 | 6 |
| 9 | 5 | 2 | 4 | 3 | 6 | 7 | 8 | 1 |
| 6 | 1 | 7 | 5 | 2 | 8 | 3 | 9 | 4 |
| 8 | 4 | 3 | 7 | 9 | 1 | 2 | 6 | 5 |
| 1 | 8 | 4 | 2 | 7 | 5 | 6 | 3 | 9 |
| 2 | 9 | 5 | 6 | 1 | 3 | 8 | 4 | 7 |
| 3 | 7 | 6 | 8 | 4 | 9 | 5 | 1 | 2 |

## Send a KISS

**Show some love! Send a note to somebody special at kiss@metronews.ca**

*Aubrey I just wanted to say I love you and let you know how proud I am of you for starting College. Good luck baby I hop you had a great firsr day and remember I will always be right here to help you along the way.*
**LOVE ANDRE**

*My Darling Sunshine, I'm so Proud of You n want you to know that you are an Amazing Lady n a True Blessing!! The past 4 months have been awesome with you in my Life!! Lets make it many, many more!*
**HUGS N KISSES FROM YOUR CHEF XOXO**

*POLSKI OGORKI!!!*
*here's to you making me smile for the last years. it's been too easy, fun and happy for it to not happen again in the future.*
*lovies and kissies*
**LOVIES AND KISSIES - YOUR YUCKYSOBA GRRRRL**

## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20**
Today's new moon will help focus your mind on a single objective and before you know it you will be the one who everyone looks up to.

**♉ Taurus April 21-May 21**
What seemed such a difficult problem yesterday will have the simplest of solutions today. The only thing that has actually changed is your perspective, but in a magical way that changes everything.

**♊ Gemini May 22-June 21**
Later this month the Sun will move into the most dynamic area of your chart and your confidence will soar. However, you must deal with a domestic issue that threatens to spiral out of control.

**♋ Cancer June 22-July 22** Not only will today's new moon make you feel more alive but with Venus moving into your fellow Water sign of Scorpio you'll be a real live wire when it comes to love and affection.

**♌ Leo July 23-Aug.23** The most important thing now – in fact the only thing you should be thinking about – is getting your financial house in some sort of order. The new moon will help you make the right choices.

**♍ Virgo Aug. 24- Sept. 22** The new moon in your sign makes this one of the best days of the year to launch new projects. Now is the time to do something about all those careful plans you've made.

**♎ Libra Sept. 23-Oct. 23** You know that your life needs to change but you can't seem to make the final effort. Maybe you're not quite yet ready to give it your best shot.

**♏ Scorpio Oct. 24-Nov. 22**
Venus, planet of emotional and material values, moves into your sign for an extended stay today, and that's good news all round. Love and luck will be closely linked over the next few weeks.

**♐ Sagittarius Nov. 23-Dec. 21** Have you got a new project lined up? Is it the kind of project that could make you rich and famous? If you have, now is the time to get started on it.

**♑ Capricorn Dec. 22-Jan. 20**
The new moon in Virgo will do wonders for your confidence and encourage you to make far-reaching changes to your lifestyle. If you get the urge to travel don't fight it.

**♒ Aquarius Jan. 21-Feb. 18**
You don't need to fear the future. You don't need to fear anything. Each and every human life unfolds according to a pre-ordained cosmic plan.

**♓ Pisces Feb. 19-March 20**
This is one of the best days of the year for partnerships of all kinds, but especially for affairs of the heart. Let your nearest and dearest know how much you love them.

SALLY BROMPTON

## Caption contest

WIN!

### You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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- HWY: 5.8L/100KM (49 MPG) CITY: 7.1L/100KM (40 MPG)
- HEATED FRONT SEATS
- AIR CONDITIONING

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- HWY: 5.8L/100KM (49 MPG) CITY: 8.3L/100KM (34 MPG)
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RONDO EX SHOWN

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$0 DOWN PAYMENT

@ 0% FINANCE APR FOR UP TO 60 MOS.**

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2010 SEDONA SHOWN

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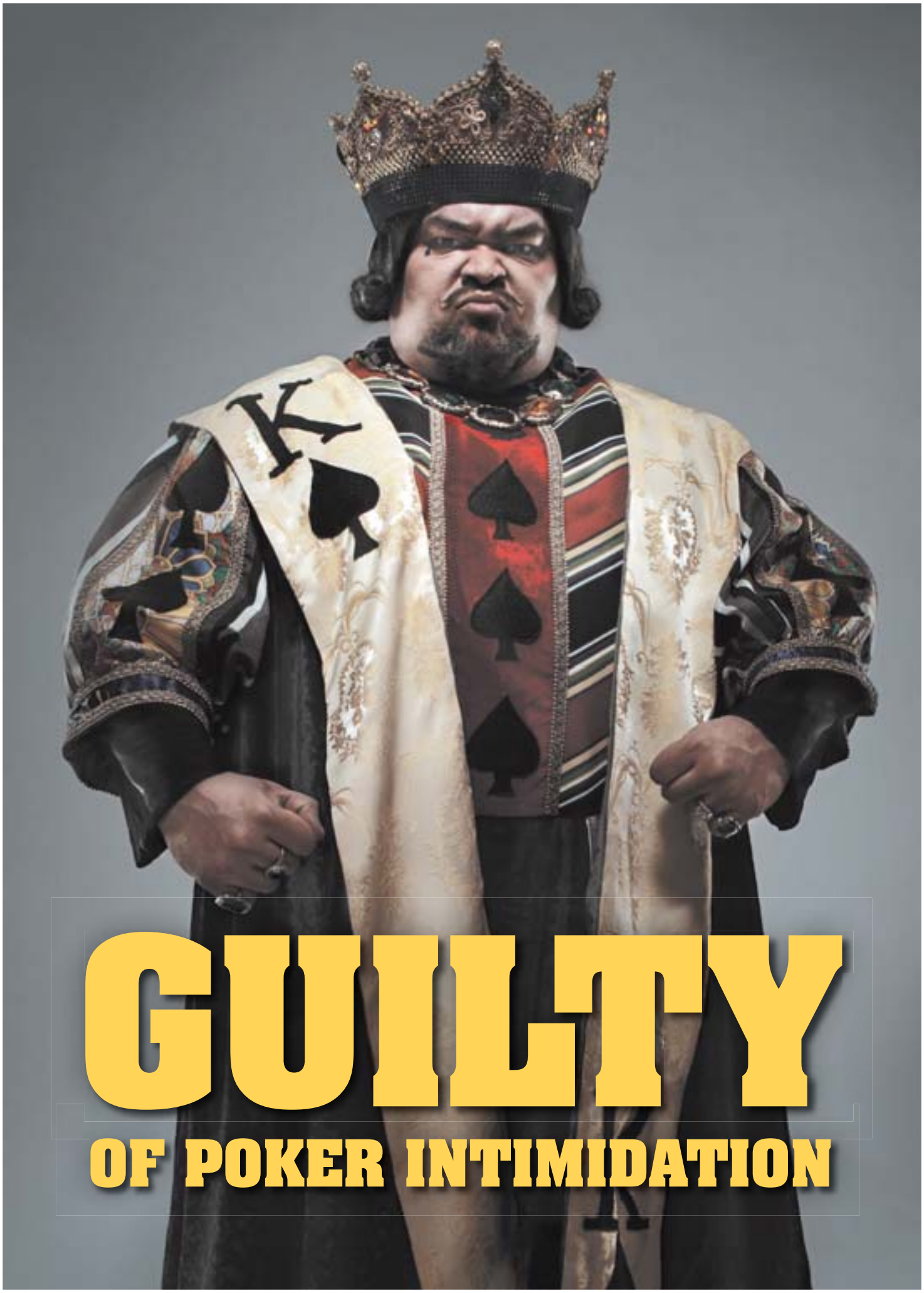
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